

Draft Study Materials



YOGA THERAPY ASSISTANT

(Qualification Pack: Ref. Id. HSS/Q4001)

Sector: Health Care

(Grade XII)



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Preface

Vocational Education is a dynamic and evolving field, and ensuring that every student has access to quality learning materials is of paramount importance. The journey of the PSS Central Institute of Vocational Education (PSSCIVE) toward producing comprehensive and inclusive study material is rigorous and time-consuming, requiring thorough research, expert consultation, and publication by the National Council of Educational Research and Training (NCERT). However, the absence of finalized study material should not impede the educational progress of our students. In response to this necessity, we present the draft study material, a provisional yet comprehensive guide, designed to bridge the gap between teaching and learning, until the official version of the study material is made available by the NCERT. The draft study material provides a structured and accessible set of materials for teachers and students to utilize in the interim period. The content is aligned with the prescribed curriculum to ensure that students remain on track with their learning objectives.

The contents of the modules are curated to provide continuity in education and maintain the momentum of teaching-learning in vocational education. It encompasses essential concepts and skills aligned with the curriculum and educational standards. We extend our gratitude to the academicians, vocational educators, subject matter experts, industry experts, academic consultants, and all other people who contributed their expertise and insights to the creation of the draft study material.

Teachers are encouraged to use the draft modules of the study material as a guide and supplement their teaching with additional resources and activities that cater to their students' unique learning styles and needs. Collaboration and feedback are vital; therefore, we welcome suggestions for improvement, especially by the teachers, in improving upon the content of the study material.

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Module 1	Introduction to Yoga II
Introduction	
Learning Outcomes	
After completing this module, you will be able to:	
•	
Module Structure	
Session 1: Introduction to Yogic Text	
Session 1: Introduction to Yogic Text	
<p>YOGA</p> <p>Yoga is practical aid, not a religion. Yoga is an ancient art based on a harmonizing system for development of the body, mind, and spirit. The regular practice of yoga will not only lead you to a sense of peace and well-being, but will also give you a feeling of being at one with the nature. In the present time, more and more people, especially the Westerners, are resorting to Yoga to find a cure for chronic health problems and attain a peace of mind. They are also curious about knowing what exactly is Yoga and what all are included in it. Although many of us are well aware of the health benefits of Yoga, not everyone knows about the origin and exact definition of Yoga. It is a popular belief that Yoga merely includes stretching and warm up exercises.</p> <p>Originated in ancient India, Yoga typically means 'union' between the mind, body, and spirit. It involves the practice of physical postures and poses, which is also referred to as 'asana' in Sanskrit. As the name suggests, the ultimate aim of practising Yoga is to create a balance between the body and the mind and to attain self-enlightenment. To accomplish it, Yoga makes use of different movements, breathing exercises, relaxation technique, and meditation. Yoga is associated with a healthy and lively life style with a balanced approach.</p> <p>The oldest physical discipline in existence known to humanity, the Yoga brings stability to the body and the wavering mind. It increases the lubrication of joints, ligaments, and tendons of the body. Studies in the field of medicine suggest that Yoga is the only form of physical activity that provides complete conditioning to the</p>	

body because it massages all the internal organs and glands. It reduces the risk of many diseases. Yoga can create a permanently positive difference to the lifestyle of anybody practicing it on a regular basis.

Yoga is a perfect way to ensure overall health and physical fitness. Through meditation, breathing exercises (called pranayams); you can banish all your stress and lead a healthy life. In fact, it is one of the best remedies known to humankind, for curing chronic ailments that are otherwise difficult to be cured by other medications. People suffering from backaches and arthritis are often suggested to do asanas that concentrate on the exercise of the muscles at the strategic locations. Pranayamas are the best breathing exercises to increase the capacity of lungs.

The amazing thing about Yoga is that its positive effects on the health and mind are visible over time. Another specialty about Yoga is its wide choice of asanas. Depending upon the stamina and overall health, you can choose from the mild pranayamas and asanas to high-intensity asanas. It is a medication without the actual use of medicines. Moreover, no visible side effects are associated with the practice of Yoga on a regular basis. All you need to know is the most appropriate asanas according to the ability and structure of your body. Also, you need to know the right way of performing the asanas, because any wrong attempt can cause sprains and injuries.

Conscious connection to something allows us to feel and experience that thing, person, or experience. The experience of connection is a state of yoga, a joyful and blissful, fulfilling experience. There is no single definition of yoga. To experience truth through yoga, we must study its classical definitions and reflect on our understanding of it. If we wish to connect to the intuitive, creative part of us and realize the eternal Self, we need to consider what yoga really is. Each definition of yoga reveals a part of the ocean of knowledge and experience that forms the yogic path.

Knowledge of Ancient Yoga Text :-

In order to have a deeper knowledge of Yoga, one should have a good understanding of ancient Yoga texts.

Some of the important Yoga texts are given below -

- 1- Bhagvad Gita
- 2- Patanjali Yoga Sutra
- 3- The Ramayana
- 4- Narad Bhaki Sutra

Bhagvad Gita

The eighteen chapters of the Bhagavad-Gita are classified as 'yogas', starting with the 'yoga' of Arjuna's depression and ending with the yoga of 'liberation through renunciation'. The eighteen chapters are:

- | | | |
|-----------|--------------------|---------------------------------------|
| Chapter 1 | Arjunavishada yoga | The Yoga of The Despondency of Arjuna |
| Chapter 2 | Sankhya yoga | The Yoga of Knowledge |

- Chapter 3 Karma yoga The Yoga of Action
- Chapter 4 Jyana karmasannyasa yoga The Yoga of Knowledge as well as the Disciplines Of acion and Knowledge
- Chapter 5 Karma sannyasa yoga The yoga of Acion and knowledge
- Chapter 6 Atmasayama yoga The yoga of Self-Control Chapter
- Chapter 7 Gyana vigyana yoga Knowledge of manifest Divinity
- Chapter 8 Akshara brahma yoga The Yoga of The Imperishable Brahman
- Chapter 9 Raja vidyarakshaguhya yoga The yoga of Sovereign Science and the Sovereign Secret
- Chapter 10 Vibhuti yoga The Yoga of The Divine Glories
- Chapter 11 Visvarupa darshana yoga The Yoga of The Vision of the Cosmic Form
- Chapter 12 Bhakti yoga The Yoga of Devotion
- Chapter 13 Kshetra kshetra vibhaga yoga The Yoga of The Disincion Between the Field and the Knower of the Field
- Chapter 14 Gunatraya vibhaga yoga The Yoga of The Division of the Three Gunas
- Chapter 15 Purushottama yoga The Yoga of The Supreme Spirit
- Chapter 16 Daivasura sampad vibhaga yoga The Yoga of The Division Between the Divine and the Demoniactal
- Chapter 17 Sraddhatraya vibhaga yoga The Yoga of The Division of the Threefold Faith
- Chapter 18 Moksh asan nyasa yoga The Yoga of Liberaion By Renunciation

Schools of Yoga

The basic goal of yoga is thus to attain bliss and also to provide true knowledge about human beings. In order to attain the above goals, various thoughts, ideas and opinions were given by seers which are known as the schools of yoga. These are—

Karma Yoga (Path of Action) :-

Karma Yoga is one of the main streams of yoga. Karma literally means action. The aim of Karma Yoga is attaining union with the higher-self by harmonising the actions. Karma Yoga inspires the person to perform the work to the best of their abilities without any attachment or expectation of the results. The concept of Karma Yoga and its practice are mentioned in the Bhagavad Gita. This stream of yoga emphasises the following.

Karma as duty: Karma Yoga lays emphasis on doing karma or action as duty. When an act is performed dutifully with total involvement, it leads to joy and happiness.

Karma Sukaushalam: Karma Yoga states that yoga means a skilled action. Actions should be done efficiently. Actions performed with full concentration and detachment brings efficiency.

Nishkama Karma: Nishkama Karma means action which is free from personal motives and is performed as a duty. This attribute emphasises that actions should be performed without any expectations of the results.

‘Jnana Yoga (Path of Knowledge)

Jnana Yoga is related to the knowledge of ‘self’, the world and realisation of ultimate reality or truth. Jnana Yoga, thus is a path of philosophy that uses intellect and helps to gain knowledge and keeps the person away from avidya.

Avidya (ignorance) is the main cause of pain, misery and sufferings in life. A person because of avidya (ignorance) identifies himself with various names, and forms such as body, mind, race and nationality, etc., and remains in pursuit of worldly possessions. This knowledge develops discriminating knowledge (Viveka) that will help to remove the veil of avidya, enables the one to discriminate between reality and unreality (appearance) and guides towards the path of real happiness and bliss. The main aim of the Jnana Yoga, thus is to overcome the avidya (ignorance) so that one can understand and distinguish between the real and unreal. The three important stages of Jnana Yoga are shravan (adequate hearing), Manana (constant remembrance) and Nidhidhyasana (contemplation or meditation).

Raja Yoga (Path of Psychic Control) :-

The science of Raja Yoga proposes a practical and scientific method of reaching the truth. Raja Yoga, the path of psychic control is a systematic process of culturing the mind.

Bhakti yoga (Path of Devotion) :-

Bhakti Yoga (path of devotion) is a systematic method of engaging the mind in the practice of divine love. Bhakti means selfless and unconditional love to god. This mode of worship consists of unending and loving remembrance of God. The person merges himself/herself with the God.

The attitude of love and devotion has the softening effect on emotions and calms down the mind. There are nine forms of Bhakti Yoga mentioned in ancient text. These are Shravan, Kirtan, Smaran, Padsevan, Archana, Vandana, Dasya, Sakhya, Atmanivedan.

Patanjali Yogsutra :-

Even though yoga has been mentioned in various ancient texts, including the Vedas, Upanishads, the Bhagavad Gita, etc., the credit for putting together a formal, cohesive philosophy of yoga goes to Sage Patanjali. In his Yoga Sutras, Patanjali has provided the very essence of the philosophy and teachings of yoga in a highly scientific and systematic exposition. The Yoga Sutras of Patanjali (YSP) are one of the six darshanas of Hindu schools of philosophy and a very important milestone in the history of Yoga. The book is a set of 195 aphorisms (sutras), which are short, terse phrases designed to be easy to memorize. Though brief, the Yoga Sutras is an enormously influential work that is just as relevant for yoga philosophy and practice today as it was when it was written. The sutras are divided into four chapters (pada) as follows:

Maharishi Patanjali Praneet Yoga Darshan is one of the major Indian darshan. The

Sutrakar has included the entire scientific and spiritual side of Yoga in 4 padas.

Samadhi Pada - on enlightenment

Sadhana Pada – about practice

Vibhuti Pada –about results

Kaivalya Pada –about liberation

Samadhi Pada: The first chapter provides a definition and the purpose of yoga. Various approaches that can be used to achieve the objectives of yoga are provided.

Sadhana Pada: The second chapter contains the practical approach to achieve the goals of yoga. In this chapter, the author gives a description of the eight limbs of yoga called Ashtanga Yoga, which is how the yoga sutras are sometimes referred to.

Vibhuti Pada: The third chapter focuses on some of the supernatural powers that an adept yogi may be able to attain.

Kaivalya Pada: In the fourth chapter the nature of the mind and mental perceptions, desire, bondage and liberation and what follows it are discussed.

The Yoga Sutras of Patanjali are also sometimes referred to as "Raj Yoga" or the "Royal Yoga". In sutra 2 of the first chapter, Patanjali has defined yoga as -

"योगचित्त वृत्ति निरोधः"॥२॥ "yogaschitta vritti nirodhah" (Sanskrit)

"Yoga is the restraint of the modifications of the mind-stuff" translation by Swami Vivekananda

Patanjali explains that once the mind is properly restrained, then the "seer" or the "soul, the true self" can rest in its own true nature. Further, as long as the mind is not under control, it continues to assume the form of the "vrittis" or the perturbations in mind, and these vrittis become the cause of human suffering. In simpler terms, what this definition tells us is that we can be peaceful and happy when we can control the mind; else, the mind continues to control us, and we stay in a state of suffering.

Yoga Darshan is also known as Patanjali Yoga Sutra in the whole world and is the only authentic Yoga Granth. The Yoga has everything to give to the man who searched for it outside and did not find it. To the extent that even the divine travelling through the purity of body, heart and mind gets installed in the form of God. Yoga is a lifestyle as well as life in itself. Whatever problems the modern world is faced with or will face in the future, the 99% solution to all those issues will be possible only through Yoga. Yoga is also called Samadhi, which means solution.

As a Yoga therapy assistant you should know about the true meaning and purpose of yoga which is "the ability to control the fluctuations of the mind". This brief and succinct definition was given by Sage Patanjali, more than three thousand years

ago, in the Yoga Sutras of Patanjali. In the Yoga Sutras, Patanjali has provided a very scientific and practical explanation of the philosophy and practice of yoga. One very important section of the book describes what is commonly called “ashtanga yoga” or the Eight Limbs of Yoga which provides practical guidelines for achieving the goal of yoga, i.e., controlling the mind.

Most of the yoga as it is practiced today, called Hatha Yoga, includes physical postures (asanas) and some breathing techniques (pranayama). As you can notice from the eight limbs which are listed below, asana and pranayama are only two of these eight limbs. Achieve the final objectives of yoga, one needs to include in their routine all the eight limbs of yoga in some form.

Ashtanga Yoga (Eight Limbs of Yoga)

The eight limbs of yoga as defined in the second chapter are as follows:

1. Yamas (self-restraints): The yamas are guidelines for how to interact with the outside world at a social level. The five yamas are: Ahimsa (non-violence), Satya (truthfulness), Asteya (nonstealing), Brahmacharya (abstinence), Aparigraha (non-hoarding).

2. Niyamas (observances): The niyamas represent guidelines for self-discipline. The five niyamas are: shoucha (cleanliness), santosha (contentment), tapas (austerity), swadhyaya (the study of the scriptures and self-study), and Ishwara pranidhana (surrender to God). Together, yamas and niyamas provide an ethical and moral code to be followed so that the aspiring yogi can establish an adequate moral foundation for his/her spiritual journey.

3. Asana (posture): Asana refers to the seated posture which should be steady and comfortable so the yogi can sit and meditate for long periods of time.

4. Pranayama (breath control): Pranayama, which literally means stretching or expansion of prana, the vital life force, involves breath control and helps train and prepare the mind for dharana (concentration).

5. Pratyahara (sense withdrawal): Through pratyahara one gains the ability to withdraw the senses from their objects thus achieving perfect control over the senses.

6. Dharana (concentration/focus): Dharana involves focusing the mind on a single object of concentration for long periods of time.

7. Dhyana (meditation): When there is an uninterrupted flow of the mind toward the object of focus, the yogi enters the state of meditation.

8. Samadhi (total absorption): Finally when even the self-awareness of the mind disappears, and only the object of meditation shines through, it is called the state of samadhi. It is only in the highest stage of “Samadhi”, called the “nirbeeja

Samadhi" (seedless Samadhi) when the mind is fully under control and brings the yogi to a state of perpetual peace and tranquillity.

Hatha Yoga Pradipika:-

Written in the 15th century by Swami Svamarama, the "Hatha Yoga Pradipika" is the oldest surviving manual of Hatha yoga and one of the three most important texts about the discipline. The other two influential texts are "Gheranda Samhita" and "Shiva Samhita." In Sanskrit, the pradipika means "light," "lamp," or "to illuminate." Because this text sheds light on the Hatha yoga practice, it is called "Hatha Yoga Pradipika."

Significance of Hath Yoga practices in Health promotion:-

Hatha Yoga is a energetic and life changing practice of postures (asanas), breath (pranayama), gestures (mudras), locks (bandhas), meditation sounds (nadausandhana), and cleansing process (Shat kriyas) for enhance the physiological functions of the body so as to prepare it for achieving mental balance and realizing spiritual goals. The word 'Hatha' is made up of two words 'Ha' and 'Tha' .In which 'Ha' means prana shakti ,the most important force, and tha means the shakti of the mind (mental force). Both life force 'Ha' and the mental force 'Tha' are the fundamental creators. In this whole universe including the finest of atom or the largest of star are constituted of these two force or energies. Therefore hatha yoga means union of the pranic force & mental force.

Significance: • Methods and Benefits of yogic practices unit- 4

1. Improves Respiratory System: Hatha Yogasana helps to improve functioning of respiratory system and increase the vital capacity of the practioner.
2. Improves Cardiovascular Fitness: Hatha Yoga improves cardiovascular wellness and fitness. Regular practice of yogasana helps to normalize the blood pressure. The regular practice of Hatha Yoga postures are effective in controlling the diseases related to heart.
3. Improves Digestive System: The digestive fire or agni is stimulated. This increases the appetite and balances the metabolism. Asanas stretch the body and massage the abdominal muscles. This causes food to move efficiently along the digestive tract. Bowel movement is regulated and constipation relieved.
4. Clear and Shiny Skin: The Shat-kriya practices deeply purify the body and mind and prepare for further practice. Additionally, the postures work as detoxifying agents at some levels eliminating toxins, resulting in increase awareness, inner glow and lustrous skin.
5. Flexibility of the Joints: The Hatha Yoga effectively works on the different joints of the body helping them get their full range of motion. Asana helps to tone up the muscles and enhances flexibility of the body.

6. Improvement in Nervous System: The Hatha Yoga practice helps to improve nervous system and maintains homeostasis (stability) in the body. The parasympathetic nervous system of human body regulates the bloods pressure and heart rate well when one practice yogasanas regularly.

7. Regulate the functioning of Endocrine Glands: In our body several glands are situated at various places, these glands secrete specific hormones which perform specific function. Malfunctioning of these glands may cause disorders. Pranayama rejuvenates pituitary and pineal glands especially.

8. Regulates extra oxygen and burns fat: Hatha Yoga assist in weight regulations as extra oxygen burns fat more efficiently. If one is under weight, extra oxygen feeds starving tissues and glands.

9. Prepare the mind for meditation mudras prepare the mind for meditation and encourage withdrawal of senses (Pratyahara) and also make the mind focused.

10. Overall wellbeing of whole body: Bandha destroy old age and death. Jalandhar Bandh regulates the functioning of thyroid and para thyroid glands. It destroys throat ailments like excess mucous in throat, stuttering, tonsillitis etc. One may feel pressure or uneasiness in heart, brain and ear if Jalandhar Bandha is not applied during the practice of pranayam.

Yogic Paricharya as a way of life for Good health

human's are in different situations experience a wide range of emotions that could vary from positive to negative, such as, happiness, satisfaction, sadness, anger, frustration, etc. They have high expectations from themselves that may be further reinforced by people and environment around them. This may cause stress in them. There are many occasions when they may get stressed or feel angry or frustrated.

Management for Good Health

In today's life, stress is becoming a major cause of many health-related problems. It is a known fact that chronic stress negatively affects health. Hypertension, diabetes mellitus, cardiac problems, depression, anxiety attacks, road-rage, etc., have become common now-a-days. Yoga can help us in dealing with stress and mental health issue during this time. In the management of stress, lifestyle plays an important role. A healthy lifestyle reduces stress and promotes one's health.

Yoga has been considered a panacea for managing the stress. In this context, we will discuss the role of yoga in developing a healthy lifestyle by which stress can be managed. Yoga practices when become a way of life, play an important role in stress management.

You have learnt about asana, pranayama, kriya, mudra, bandha and meditation in Class IX. However, yoga is not limited to the physical postures, breathing techniques or meditation for a few minutes only. Rather yoga is a way of life also. It propounds several principles and practices, such as, asana, pranayama, kriya, mudra, bandha and meditation which are relevant to healthy living. Yogic principles

and practices of healthy living can be adopted by all, irrespective of age, gender, profession or place. As a way of life, yoga gives direction about food, eating habits, thinking, recreational means and conduct. Yogic way of life, if adopted in true sense, empowers us to deal with stress and promote physical and mental health.

The components of yogic way of life are —

- Ahara (Food)
- Vihara (Relaxation)
- Achara (Conduct)
- Vichara (Thinking)
- Vyavahara (Behaviour or actions)
- Ahara

The principles of ahara are related to food consumption. Yoga emphasises on mitahara, which is related to quality and quantity of food and also the state of mind during the intake of food.

As for the quality, the concept of mitahara implies that food should be freshly cooked, nutritious, nourishing and in the natural form. Regarding quantity of food, mitahara mentions that two quarters of the stomach should be filled with food, one quarter with liquid and the remaining quarter (one-fourth) should be left empty for free flow of air. This implies that quantity of food may vary from person to person depending upon the individual requirements. It is very natural that a sportsperson will require more food as compared to a person who is doing desk job. Mitahara also advocates that the food should be eaten with positive state of mind with utmost concentration. You might have observed if someone eats while watching the television or in an angry mood or when the person's attention is somewhere else, then they tend to just gulp down the food without enjoying it. So, the state of mind is also very important while eating. Thus, mitahara emphasises that right quality and quantity of food should be eaten in a positive state of mind.

Vihara

Vihara means relaxation, which can be brought about by activities, such as, exercise, recreational and creative activities like drawing, painting, singing, etc. These activities help to regulate and channelise our emotions and bring us joy and happiness. Yogic practices of asana, pranayama and meditation relax body and mind. In addition to this, relaxation can be attained in good company also. Sound sleep is also important for relaxation. It is, therefore, important that we should regularly follow a timetable that provides adequate time for yogic and creative activities which are relaxing.

Achara

Achara means conduct that includes emotions, attitudes, desires, instincts and habits. Right conduct is essential for a stress-free life. Positive emotions and positive attitudes, good habits and control on desires help in making us strong, both, individually and socially. The right conduct protects us from unnecessary stress caused by negative emotions and attitudes like hate, jealousy, fear, etc. Therefore, we should have control on our desires, instincts, emotions, habits and attitudes. Here, yoga is important as it encourages good conduct in our personal

and social life. Yoga advocates for positive emotions and positive attitude towards self and other persons.

In this context yogic principles of Yama (restraint) and Niyama (observance) help to develop control on our desires and emotions and bring about peace and harmony.

Yama (Restraint) and Niyama (Observance)

Yamas (restraints) and Niyamas (observances) are sets of the dos and the don'ts. They can be considered as the universal codes of conduct that help us in following high standards in our personal and social life. Yamas are concerned with one's social life; while the niyamas are concerned with one's personal life. Yama and Niyama are part of Ashtanga Yoga that has been propagated by Patanjali.

The five yamas are: ahimsa (non-violence), satya (truthfulness), asteya (non stealing), brahmcharya (celibacy) and aparigraha (non possessiveness).

The five niyamas are: Shaucha (cleanliness), Santosha (contentment), Tapas (austerity), Swadhyaya (self study) and Ishwarpranidhana (surrender to god).

Vichara

We know that thoughts are very important as our behaviour is guided by the kind of thoughts we have. Our thinking should be positive.

Positive thoughts bring pleasure to our life; while negative thoughts can make us unhappy. Right thinking guides us towards appropriate behaviour. It helps in prevention and management of stress-related health problems.

Yoga prescribes that one should have positive thoughts. Positive thoughts give us strength to bear the sorrows of life. Yogic practices like yama, niyama, pratyahara, dhyana (meditation), study of good literature, etc., help us in controlling our thoughts and thereby promoting optimism in life.

Vyavahara

Vyavahara (behaviour) means actions. Vyavahara is the result of ahara, vihara, achara and vichara. Yogic philosophy propounds that our actions should be right. We should not indulge in wrong activities. Our behaviour towards others should be appropriate. Karma- yoga proposes that we should perform right and act with full dedication and to our utmost capacity without worrying about the results. We can remain stress-free and be happy if we follow this philosophy and act accordingly.

Concepts of yoga and yogic health

The most commonly used definition of Health is the definition given by WHO which goes like "the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". The state of physical well-being is characterised by optimal functioning of the body as a whole through co-ordination among different systems and their components. Mental well-being is a state of psychological and emotional health characterised by better understanding, positive self-concept, positive relationship with self and others, rational behaviour, quick perception, logical analysis, foresightedness, reasoning, correct and quick decision

making, good memory etc. The state of social well-being is considered by concern and care of others in the society where thinking, emotions and actions are oriented towards well-being of all and not the self alone. Spiritual health is related to an understanding, exploration and actualisation of the self. In the state of spiritual well-being one is free from worldly phenomena like money, property, pleasure and pain, relations etc. and remains unaffected by any situation.

As far as Yogic approach is concerned, health is considered to be integration, harmony and balance among body, mind and soul.

Yogic philosophy says that a human body is made up of three parts:

Physical

Astral

Causal

These three parts are further sub-classified in to five layers also known as 'Panch Koshas'. These are:

Annamaya kosha – the physical sheath

Manomaya kosha – the mental sheath

Pranamaya kosha – the vital sheath

Vigyanamaya kosha – the intellectual or wisdom sheath

Anandamaya kosha – the blissful sheath

The annamaya kosha (the food sheath) which is very first in classification is the part of Physical body. It says that our body is whatever food we eat. The food reaches to every cell to provide energy and ultimately become our body.

The second is manomaya kosha (the mental sheath) is exactly like the software of a computer whereas the annamaya kosha is the hardware. It is the medium of communicating experiences and sensations of the external world to the intellectual sheath.

Pranamaya kosha - The vital sheath is composed of five pranas (life-energies) that have distinct functions in the working of the physical body. These five vital pranas/airs (vayus) are conjoined with the five subtle organs of action (speech, hands, legs, organs of evacuation and procreation) which have their gross counterparts in the physical body. The annamaya kosha and manomaya kosha cannot work until they have the life in the body which is provided by the third sheath known as pranamaya kosha (the energy or vital sheath).

Then next is vinyanamaya kosha (the intellectual or wisdom sheath) is the reflection of radiance of soul consciousness. It comprises mind, intellect and the ego with the five organs of perception and is responsible for all the judgmental actions.

The innermost layer or sheath of all the koshas is the anandamaya kosha which is the reflection of blissfulness of the soul. It is the cause of both the subtle and gross bodies and is the result of harmony of all other sheaths.

Define mantra chanting and dhyana

Mantra may work on a variety of levels including physical, cognitive, emotional, and spiritual

Mantras use a Sanskrit sound or word repeatedly to help regulate the mind and the breathing. Sanskrit mantras within themselves contains powerful vibratory qualities. The use of these mantras at anytime can help to calm our restless minds, and when you pair one with an asana, your body and mind sync, becoming a physical expression of meditation.

Dhyana

Dhyana is a part of Astanga yoga. It is related to the practice of mind and is the gateway to inner world. One can enter and into dhyana stage after the practice of shatkarma, asana, pranayama. They involve controlling the mind to finally transcend the mind. It helps to improve the concentration and emotional stability and improves the functioning of mental activities. There are several methods to practice dhyana. All the practices of dhyana are to be focussed on a single point either a mantra or an object.

Importance of Sanskrit shlokas related to yoga

Yoga is a science of living. It needs to be incorporated in daily life. It works on physical, mental, emotional, social and spiritual levels of human beings. Yoga helps in improving the quality of life. For example, yoga teaches us how to think, behave and grow to become a fully mature person. Yoga brings harmony between body and mind. It is an art and science for healthy living.

1. समत्वं योग उच्यते। Samatvaṁ Yoga Uchyate.

Translation - Evenness of Mind is known as Yoga

2. योगश्चित्तवृत्तिनिरोधः। Yogaśchittavrttinirodhaḥ

Translation - Yoga is restraining the mind-stuff from taking various forms.

3. मनः प्रशमनोपायो योग इत्यभिधीयते।

Manah Praśamanopāyo Yoga Ityabhidhīyate.

Translation-The recourse to pacify the mind is called yoga.

4. अथः चित्तं समाधातुं न शक्नोषि मयि स्थिरम्।

अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय।।

Athaḥ Chittaṁ Samādhātuṁ Na shaknoṣi Mayi Sthiram.

Abhyāsayogen Tato Māmichchāptuṁ Dhanañjaya

Translation- My dear Arjun, O winner of wealth, if you can not fix your mind upon Me without deviation, then follow the regulative principles of bhakti-yoga. In this way develop a desire to attain me.

5. योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय।

सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते॥ Gita-2.48

Yogasthaḥ Kuru Karmāṇi Saṅgaṁ Tyaktvā Dhanañjaya.

Siddhyasiddhyoḥ Samo Bhūtvā Samatvaṁ Yoga Uchyate.

Translation - Be steadfast in the performance of your duty, O Arjun, abandoning attachment to success and failure. Such equanimity is called Yoga.

6. योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन।

योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि॥

Yogen Chittasya Padena Vāchāṁ Malaṁ Śarīrasya Cha Vaidyaken.

Yo'pākarottaṁ Pravaṁ Munīnāṁ Patanjaliṁ Prāñjalirānato'smi.

Translation- Who gave Yoga for serenity and sanctity of mind, grammar for clarity and purity of speech, and medicine for perfection of health, let us bow before the noblest of sages, Patanjali.

Concept of mental health well-being according to patanjali Yoga

Mental Health:- Mental health is an important component of overall health and well being. It can be defined as state of psychological and emotional well being in which an individual is able to use learning abilities, can function constructively and fruitfully in society and can meet with the ordinary demands of everyday life. Yoga is known to play remarkable role in the improvement of mental health as well as in the treatment and prevention of mental (psychological) health related problems. Patanjali yoga sutras start with the idea of 'cittavrti nirodha' enlightening the importance of controlling the mind.

Patanjali yoga sutras highlight the capability of yoga to maintain mental health. It concentrate on the promotive, preventive, and curative aspects of the Patanjali Yoga Sutras in its syllabus for the promotion and development of the mental health and healthy personality to maintain peace.

The yoga sutras allows practical philosophy and an applied science of life with all the necessary related processes, tools and techniques. Yoga therapy in sutras offer sound procedure for a harmonious life and also sound principles for higher, spiritual, transcendental life.

There is a wonderful functioning connection between the ultimate goal, and the ways and means prescribed to attain it. Man is lost in pursuit of wealth, comfort and technology at the cost of his peace of mind and health.

Activities

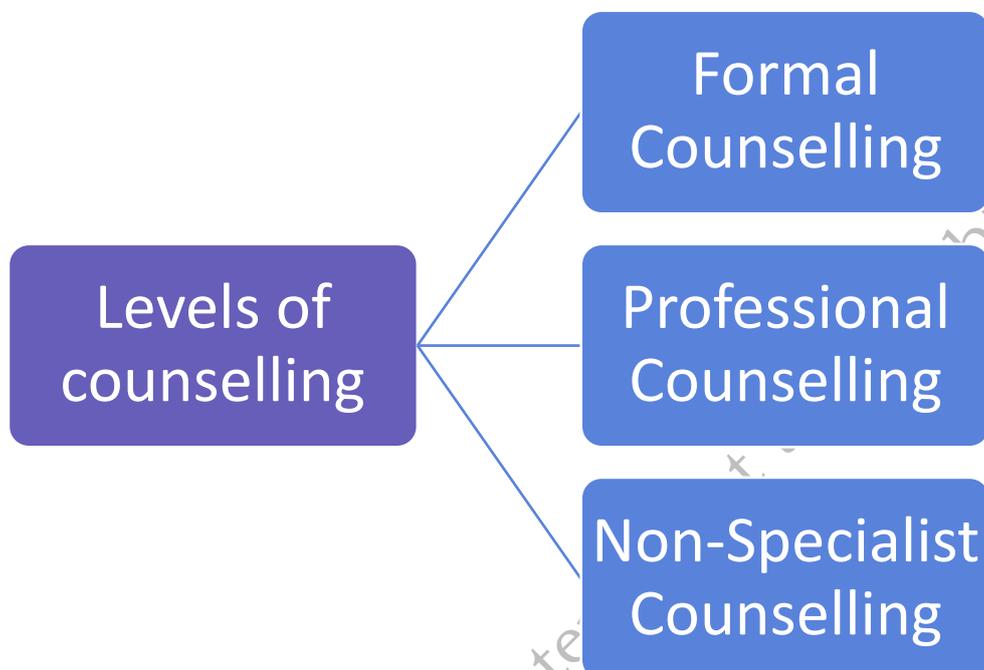
Check Your Progress

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Module 2	Yogic Counselling
Introduction	
Learning Outcomes	
<p>After completing this module, you will be able to:</p> <ul style="list-style-type: none"> • 	
Module Structure	
Session 1: Counselling for Health Promotion	
Session 2: Yoga and Psychology	
Session 1: Counselling for Health Promotion	
<p>Introduction</p> <p>The practice of bringing yoga into counselling and psychotherapy is the final step in the therapist's process of integration. This step describes how to practice yoga in therapy and highlights the key aspects, teachings, and techniques of yoga that are best suited to bring it into counselling and psychotherapy. As noted by the participants of this study, there are three major aspects of yoga that therapists integrate into counselling and psychotherapy: yoga theory, yoga practice, and yoga philosophy. Each of these three aspects of yoga plays an important role in the practice of integrating yoga into counselling and psychotherapy and serving the client in therapy with yoga.</p> <p>Definition:</p> <p>A counsellor is a professionally trained expert who helps clients overcome their issues after a systematic chain of sessions. The types of counselling vary, depending on the needs of the clients.</p> <p>Counselling is a process involving responsibility and confidentiality. Therefore, counselling experts have to follow certain ethical principles. Counsellors must:</p> <ul style="list-style-type: none"> • Act with care and respect for individual and cultural differences and the diversity of human experiences. • Must never take any step which is likely to harm the counsellee in any way, • Respect the confidence, with which the counsellee places trust in them by not talking about their issues with other people, • Encourage the counsellee to increase self understanding, 	

- Help the counsellee to increase and discover a range of choices and alternatives for handling the crisis situations effectively
- Practice within the scope of their competence and refer cases that may need more intensive therapy to experts who are trained to deal with these
- Be aware of all the services available for people in difficult circumstances so that adequate guidance can be provided in case further referral is required.



Informal Counselling: It is generally rendered by a person who may be approachable and understanding, but may not be professionally qualified. This empathetic person could be an aunt, uncle, friend or colleague.

Professional Counselling: Professional counsellors are the ones who have received special training in counselling and have the required qualifications. These counsellors deal with the person's social, emotional and personal problems. In the counselling process, the professional counsellor may use different techniques.

Non Specialist Counselling: It is the help provided by specialists of other areas like teachers, doctors, lawyers, religious preachers who, along with their respective specialisation, also wish to handle psychological problems. They try to provide alternative ways of dealing with the problems of people they come across in their daily interactions at work.

Counselling techniques for therapeutic yoga participants:

There are various formats through which the counselling sessions can be conducted; the client is free to choose the appropriate format as per his requirement. Below are the popular counselling formats that people mostly favor:

Directive, counsellor-centred counselling: Face-to-face counselling sessions take place in the counselor's chamber where you meet them in person after

scheduling an appointment to discuss your problems. It is one of the most popular counselling formats.

Group Counselling: Professionals provide group counseling sessions where you can join to resolve issues. Joining a group will help you find people with similar problems and develop a stronger network of support. However, if you want to focus on your problem, in-person sessions are better.

Telephonic Sessions: A great alternative to in-client counselling sessions are telephonic rounds that can be scheduled from the comfort of your home. Telephonic counselling sessions are best for busy individuals who may have difficulty accessing rooms. In this flexible process, you can discuss problems with a counsellor in the safe environment of your room.

Online Counseling: If you do not wish to meet with your counselor face-to-face and wish to protect your anonymity, you have the option of emailing the counselor. In the process, you have the space to think carefully and decide what problems you want to discuss with him. The trend of online counselling is becoming very popular these days.

Qualities of counsellor:

1. Sensitive to human problems
2. Empathy
3. Respect for individual variations
4. Being non-judgemental
5. Maintain confidentiality
6. Being approachable
7. Being firm yet friendly
8. Pleasant disposition
9. Understanding values and relationships

Counsellor :-

These qualities have to be combined with specific skills that the profession demands. These are listening skills, analytical skills and good observation skills. A counsellor must possess the skill of working with individuals as well as groups. The fact that counselling is basically meant for people with some sort of difficulty, makes it essential for the counsellor to have a disposition as well as empathy towards people apart from being professionally qualified. Professional counsellors usually hold a masters' degree in Human Development or Child Development/ Psychology of Education, along with at least a post graduate diploma/degree in Counselling. During the course, the trainees receive supervised practical training under trained Psychologists or Counsellors as practical training is essential for developing the skills of a counsellor. In India many are reputed.

Scope of Counsellor: -

CAREER AVENUES

Career Counsellors: Some counsellors work with people of all ages for vocational and career counselling. School Counsellors: Schooling can also bring about adjustment problems for children. A child may have problems with academic achievement, with peers or with parents. Counsellors who deal with such difficulties are called school counsellors.

Family Counsellors: They are specialists who work with parents, children and other family members. They deal with specific issues that arise due to conflicts between family members or between generations. They also deal with behaviour problems of individual family members.

Marriage Counsellors: They deal with different issues or problems related to marriage, counselling for marital and before marriage issues, or for personal compatibility, close relationships and counselling for couples. Life Skills Trainer: These days many people may need assistance in the course of everyday life on account of stress at home or the workplace. For instance, a well-adjusted young person may want to become proactive to optimise his or her potential.

Counsellors for Child Guidance: Some counsellors work with children and are called child guidance counsellors.

Session 2 : Yoga and Psychology

Role of Yoga Therapy Assistant during counselling

Psychology

The unit seeks to develop understanding and appreciation of psychology as a discipline, its evolution, its applications and its relationships with other sciences through appropriate and interesting examples and analysis of everyday experience. Popular notions about discipline of psychology; Understanding mind and behaviour; Evolution of psychology; Branches of psychology: Themes of research and applications; Psychology and other disciplines; Psychologists at work; Psychology in everyday life; Development of Psychology in India.

BRANCHES OF PSYCHOLOGY :-

Various fields of specialisation in psychology have emerged over the years. Some of these are discussed in this section.

Cognitive Psychology investigates mental processes involved in acquisition, storage, manipulation, and transformation of information received from the environment along with its use and communication. The major cognitive processes are attention, perception, memory, reasoning, problem solving, decision-making and language. You will be studying these topics later in this textbook. In order to study these cognitive processes, psychologists conduct experiments in laboratory settings. Some of them also follow an ecological approach, i.e. an approach which focuses on the environmental factors, to study cognitive processes in a natural setting. Cognitive psychologists often collaborate with neuroscientists and computer scientists.

Biological Psychology focuses on the relationship between behaviour and the physical system, including the brain and the rest of the nervous system, the immune system, and genetics. Biological psychologists often collaborate with neuroscientists, zoologists, and anthropologists.

Neuropsychology has emerged as a field of research where psychologists and neuroscientists are working together. Researchers are studying the role of neurotransmitters or chemical substances which are responsible for neural communication in different areas of the brain and therefore in associated mental functions. They do their research on people with normal functioning brain as well

as on people with damaged brain by following advanced technologies like EEG, PET and MRI, etc. about which you will study later.



Developmental Psychology studies the physical, social and psychological changes that occur at different ages and stages over a life-span, from conception to old age. The primary concern of developmental Psychologists is how we become what we are. For many years the major emphasis was on child and adolescent development. However today an increasing number of developmental psychologists show strong interest in adult development and ageing. They focus on the biological, socio-cultural and environmental factors that influence psychological characteristics such as intelligence, cognition, emotion, temperament, morality, and social relationship. Developmental psychologists collaborate with anthropologists, educationists, neurologists, social workers, counsellors and almost every branch of knowledge where there is a concern for growth and development of a human being.

Social Psychology explores how people are affected by their social environments, how people think about and influence others. Social psychologists are interested in such topics as attitudes, conformity and obedience to authority, interpersonal attraction, helpful behaviour, prejudice, aggression, social motivation, inter-group relations and so on.

Cross-cultural and Cultural Psychology examines the role of culture in understanding behaviour, thought, and emotion. It assumes that human behaviour is not only a reflection of human-biological potential but also a product of culture. Therefore behaviour should be studied in its socio-cultural context. As you will be studying in different chapters of this book, culture influences human behaviour in many ways and in varying degrees.

Environmental Psychology studies the interaction of physical factors such as temperature, humidity, pollution, and natural disasters on human behaviour. The influence of physical arrangement of the workplace on health, the emotional state, and interpersonal relations are also investigated. Current topics of research in this field are the extent to which, disposal of waste, population explosion, conservation of energy, efficient use of community resources are associated with and are functions of human behaviour.

Health Psychology focuses on the role of psychological factors (for example, stress, anxiety) in the development, prevention and treatment of illness. Areas of interest for a health psychologist are stress and coping, the relationship between psychological factors and health, patient-doctor relationship and ways of promoting health enhancing factors.

Clinical and Counselling Psychology deals with causes, treatment and prevention of different types of psychological disorders such as anxiety, depression, eating disorders and chronic substance abuse. A related area is

counselling, which aims to improve everyday functioning by helping people solve problems in daily living and cope more effectively with challenging situations. The work of clinical psychologists does not differ from that of counselling psychologists although a counselling psychologist sometimes deals with people who have less serious problems. In many instances, counselling psychologists work with students, advising them about personal problems and career planning. Like clinical psychologists, psychiatrists also study the causes, treatment, and prevention of psychological disorders. How are clinical psychologists and psychiatrists different? A clinical psychologist has a degree in psychology, which includes intensive training in treating people with psychological disorders. In contrast, a psychiatrist has a medical degree with years of specialised training in the treatment of psychological disorders. One important distinction is that psychiatrists can prescribe medications and give electroshock treatments whereas clinical psychologist cannot.

Industrial/Organisational Psychology deals with workplace behaviour, focusing on both the workers and the organisations that employ them. Industrial/organisational psychologists are concerned with training employees, improving work conditions, and developing criteria for selecting employees. For example, an organisational psychologist might recommend that a company may adopt a new management structure that would increase communication between managers and staff. The background of industrial and organisational psychologists often includes training in cognitive and social psychology.

Educational Psychology studies how people of all ages learn. Educational psychologists primarily help develop instructional methods and materials used to train people in both educational and work settings. They are also concerned with research on issues of relevance for education, counselling and learning problems. A related field, school psychology, focuses on designing programmes that promote intellectual, social, and emotional development of children, including those with special needs. They try to apply knowledge of psychology in a school setting.

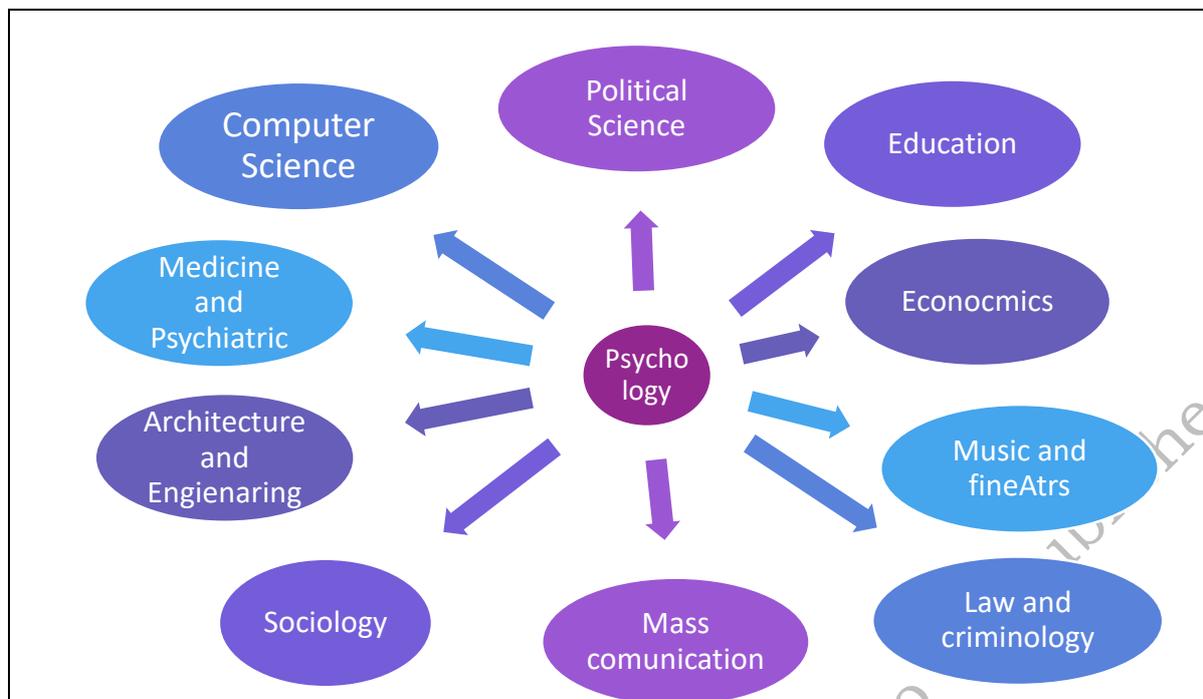
Sports Psychology applies psychological principles to improve sports performance by enhancing their motivation. Sports psychology is a relatively new field but is gaining acceptance worldwide.

Other Emerging Branches of Psychology : The interdisciplinary focus on research and application of psychology has led to the emergence of varied areas like aviation psychology, space psychology, military psychology, forensic psychology, rural psychology, engineering psychology, managerial psychology, community psychology, psychology of women, and political psychology, to name a few.

Activity

Think about the areas of psychology that you have read in the text. Go through the list given below and rank them from 1 (most interesting) to 11 (least interesting). Cognitive psychology Biological psychology Developmental psychology Social psychology Cross-cultural and cultural psychology Environmental psychology Health psychology Clinical and counselling psychology Industrial/Organisational psychology Educational psychology Sports psychology After going through this textbook and completing the course you may like to return to this activity and mark the changes in your ranking.

Psychology and other disciplinary



Yogic Management of Stress and its Consequences

CONCEPT OF STRESS

Stress is a universal term which is used by anyone or everyone without understanding it properly. Stress is now formalized to mean any change within a system induced by external forces.

Medical science defines stress as a specific response of body to all the nonspecific demand i.e., secretions of certain hormones.

When a person faces problems in his everyday life which exceeds his resources for coping with them, he feels stressed. Stress is a demand on our adaptability to evoke a response.

But we must remember that stress is not just caused by external environment, it can be generated within from our fears, hopes, expectations and beliefs. How modern medical science deals with stress is not our topic of discussion, we are going to talk about how yoga can manage stress. It is an accepted fact amongst the world population that 'Yoga' brings happiness, peace of mind and a positive state of health. However, there is a limited understanding regarding the ways in which yoga achieve these things. Actually, yoga aligns with the level body, mind and intellect the by proper knowledge of structure and function, through self-realization and inner awareness.

When our resources are over utilized, our exhausted body stops functioning smoothly. The signs that indicate may be physical signs such as high blood pressure, high blood sugar, digestive disorders, back pain, and many others.

The Yogic asanas stretch and tone every muscle of the body, joints, spine, the entire skeletal muscles organs, as well as nerves, keeping the entire system in

radiant health. By releasing physical and mental tension, a person liberates a vast amount of energy. The yogic breathing practice known as Pranayamas, revitalize the body and help to control the mind, leaving the person calm and refreshed. Relaxation helps control anxiety, hypertension and other discomforts of the mind and body.

Definition

According to WHO, " mental Health is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community".

Types of STRESS

A good stress has the following characteristic features it:

- Motivates
- Focuses energy
- Improves performance

A bad stress has the following characteristic outcomes:

- Anxiety
- Tension
- Decrease performance
- Mental and Physical problems

CAUSES OF STRESS

There may be various reasons for stress. Few of them are listed below:

1) FINANCIAL PROBLEMS

According to a survey, money is a significant source of stress. Financial stress can take months or years to come out from. In the long-term, stress related to finance results in distress, which may bring up blood pressure and cause headaches, upset stomach, chest pain, insomnia, and a general feeling of sickness. Financial stress has also been linked to a number of health problems, including depression, anxiety, skin problems, diabetes, and arthritis.

2) WORK According to the Center for Disease Control and Prevention (CDC), people now spend 8 percent more time at work compared to 20 years ago, and about 13 percent of people work a second job. At least 40 percent report their jobs are stressful, and 26 percent report they often feel burned out by their work. Any amount of things can contribute to job stress including too much work, job insecurity, dissatisfaction with a job or career, conflicts with a boss and/or coworkers, etc. Whether worrying about a specific project or feeling unfairly treated, putting jobs ahead of everything else can affect many aspects of life, including personal relationships and mental and physical health.

3) PERSONAL RELATIONSHIPS

There are people in our lives that cause stress. It could be a family member, an intimate partner, friend, or coworker. Toxic people lurk in all parts of our lives and the stress we experience from these relationships can affect physical and mental health.

4) PARENTING

Parents are often faced with busy schedules that include a job, household duties, and raising children which results in parenting stress. High levels of parenting stress can cause a parent to be harsh, negative, and authoritarian in their

interactions with children. Parenting stress can also decrease the quality of parent-child relationships. For example, you may not have open communication so your child doesn't come to you for advice or your child and you may argue often. Sources of parenting stress may include lower income, long working hours, single parenting, marital or relationship tensions, or raising a child who has been diagnosed with a behavioral disorder or developmental disability.

5) DAILY LIFE AND BUSY-NESS

Day-to-day stressors are our daily inconveniences. They include things like misplacing keys, running late, and forgetting to bring an important item with you when leaving the house. Usually, these are just minor setbacks, but if they become frequent, they become a source of anxiety affecting physical and/or psychological health.

6) PERSONALITY AND RESOURCES

Personality traits can be independent sources of stress. Extroverts, for example, tend to experience less stress in daily life and have greater social resources, which buffer against stress. Perfectionists may bring stress onto themselves unnecessarily because of their exacting standards, experiencing more negative mental and physical health consequences than those who merely focus on high achievement.

SIGNS AND SYMPTOMS OF STRESS

a. Common effects of stress on mood

Anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger and sadness or depression

b. Common effects of stress on your behaviour

Overeating or under eating, anger outburst, drug or alcohol abuse, tobacco use and social withdrawal.

EFFECTS OF STRESS

Stress is a natural, physical and mental reaction to life experiences. Everyone experiences stress time to time; Stress can be beneficial to your health. It can help you cope with potentially serious situations. Our body responds to stress by releasing hormones that increases heart and breathing rates and muscles to respond.

Yet if the stress response doesn't stop firing, and these stress levels stay elevated for longer than necessary for survival, it can impact your health. Chronic stress can cause a variety of symptoms and can affect your overall well-being. Some of the effects are discussed below:

1) Respiratory and cardiovascular systems:

Stress hormones affect the respiratory and cardiovascular systems. During stress, breathing becomes faster in an effort to quickly distribute oxygen-rich blood to our body. If one already has a breathing problem like asthma or emphysema, stress can make it even harder to breathe. Under stress, the heart pumps faster. Stress hormones can cause the blood vessels to constrict and divert more oxygen to your muscles so that one has more strength to take action. But this also raises the blood pressure. As a result, frequent or chronic stress will make the heart work too hard for too long. When the blood pressure rises, so does the risk of having a stroke or heart attack.

2) Digestive system

Under stress, the liver produces extra blood sugar (glucose) to give the body a boost of energy. If under chronic stress, the body may not be able to keep up with this

extra glucose surge. Chronic stress may increase the risk of developing type 2 diabetes. The rush of hormones, rapid breathing, and increased heart rate can also upset the digestive system where one is more likely to have heartburn or acid reflux.

3) Muscular system

The muscles tense up to protect themselves from injury when you're stressed. They tend to release again once you relax, but if you're constantly under stress, the muscles may not get the chance to relax. Tight muscles cause headaches, back and shoulder pain, and body aches. This can set off an unhealthy cycle as you turn to pain medications for relief.

4) Sexuality and reproductive system

Stress is exhausting for both, the body and the mind. If stress continues for a long time, a man's testosterone level begins to drop. This interferes with sperm production and can cause erectile dysfunction or impotence. Chronic stress may also increase the risk of infection for male reproductive organs like the prostate and testes. For women, stress can affect the menstrual cycle. It leads to irregular, heavier, or more painful periods. Chronic stress can also magnify the physical symptoms of menopause.

5) Immune system

Stress stimulates the immune system, which can be a benefit for immediate situations. This stimulation can help to avoid infections and heal wounds. But over time, stress hormones will weaken the immune system and reduce the body's response to foreign invaders. People under chronic stress are more susceptible to viral illnesses like the flu and the common cold, as well as other infections. Stress can also increase the time it takes for you to recover from an illness or injury.

Role of YGTA Yogic Management of Stress

Yoga has been considered a panacea for managing the stress. In this context, we will discuss the role of yoga in developing a healthy lifestyle by which stress can be managed. Yoga practices when become a way of life, play an important role in stress management.

Yoga as a Way of Life for Stress Management

You have learnt about asana, pranayama, kriya, mudra, bandha and meditation in Class IX. However, yoga is not limited to the physical postures, breathing techniques or meditation for a few minutes only. Rather yoga is a way of life also. It propounds several principles and practices, such as, asana, pranayama, kriya, mudra, bandha and meditation which are relevant to healthy living. Yogic principles and practices of healthy living can be adopted by all, irrespective of age, gender, profession or place. As a way of life, yoga gives direction about food, eating habits, thinking, recreational means and conduct. Yogic way of life, if adopted in true sense, empowers us to deal with stress and promote physical and mental health.

Yoga and Yogic Practices for Health:-

1. Yogic Surya Namaskara or Sun Salutation
2. Mudras
3. Meditation (Dhyan)
4. Pranayama: Nadishodhana, Brahmari
5. Shatkarma (shodhan kriyas)
6. Asanas

7. Shanti Paths

1.1 Yogic Surya Namaskara or Sun Salutation

Surya or the sun is the primal cause of everything. It gives energy to all the living beings on the earth. Surya namaskara is the set of seven asanas in twelve steps. Every morning performing it with breathing techniques, energises the whole body and mind.

Technique

Starting position—stand erect with feet together and arms by the side of the thighs; balance the body equally on both the feet (samasthiti).

1. **Namaskarasana:** Inhale, bring the arms up and with exhalation join the palm together in Namaskara mudra in front of the chest.

2. **Hastottanasana:** Inhale, raise both the arms up; stretch the body as much as possible and bend backwards without bending the knees.

3. **Padhastasana:** Exhale, bend forward from the lower back keeping the spine straight. Place the hands on the ground by side of the feet. Try to touch the forehead to the leg without bending the knees.

4. **Ashwasanchalanasana:** Inhale, place the right leg back as far as possible and touch the knee of right foot on the ground. Bend the left leg from the knee and keep the knee and foot at right angle; arching the spine back and look up between the eyebrows centre.

5. **Parvatasana:** Stretch the left foot backward by the side of right foot, lower your head and move the buttocks upwards. Keep the arms and legs straight and heels on the floor.

6. **Ashtanga Namaskarasana:** Lower the knees, chest and chin to the floor. Keep the hips slightly up. The toes, knees, chest, hands and chin should be touching the floor.

7. **Bhujangasana:** Lower the hips, inhale, then raise the head and push the chest up. Raise the upper body upto the navel. Keep the palms on the ground.

8. **Parvatasana:** Exhale, lift the hips up and lower the head and chest downwards in an inverted 'V' posture. Keep the head between the arms and feet on the ground.

9. **Ashwasanchalanasana:** Inhale, bend the right leg and bring it forward. Keep the right foot on the ground between the arms and left leg backward with the knee touching the ground. Arch the spine back, look up between the eyebrows centre.

10. **Padhastasana:** Exhale, bring the left leg forward and place the left foot beside the right foot. Place the hands on the ground by side of the feet. Try to touch the forehead to the knees without bending the knees.

11. **Hastottanasana:** Inhale, raise both the arms up; stretch the body as much as possible and bend backwards without bending the knees.

12. **Namaskarasana:** Exhale, come back to the original position. Slowly bring the arms down and join the palms together in front of the chest in namaskara mudra.

This is one round of Surya namaskara. Repeat the same process of twelve steps by using the other leg in fourth position (Ashwasanchalanasana).

Dos and Don'ts

- Perform while maintaining good physical balance. Perform every step with breathing pattern.
- Avoid this in case of high blood pressure, fever, slipped disc and hernia.
- Do not practise beyond one's capacity.

Benefits

- Stimulates and balances all the systems of the body.
- Increases concentration and calmness.
- Helps in curing constipation.
- Improves blood circulation all over the body, and reduces fat.
- Helps in removing carbon dioxide from the lungs replacing with fresh oxygen and improves brain function by bringing oxygenated air by blood to the brain.

1.2 Mudras

In Yoga, there are various mudras used for meditation purpose. Following are some of the main mudras :-

Janan Mudra :-

Procedure: Sit down in a meditative pose such as the Sukha Asana (Easy Pose), Vajra Asana (Diamond Pose), or Padma Asana (Lotus Pose). You may even perform the Gyan Mura while standing in the Tada Asana (Mountain Pose) or sitting comfortably on a chair. Ensure that your back is held straight and your chest and head held up high. Rest your hands on your knees with your palms facing upwards. Touch the tip of the index finger to the ip of the thumb. The rest of the finger should be held straight and parallel to each other. This Mudra is performed with both hands. Close your eyes and focus on your breath.



Tips

To further enhance the effectiveness of the Gyan Mudra, you may chant the word Om (Aum) in conjunction with every exhale.

Benefits

One of the main benefits of the Gyan Mudra is its ability to relax the body and focus the mind on the task of meditation. It also helps to relieve stress and transcend worldly problems.

Chinmaya Mudra

Procedure: Create Chin Mudra. Place your palms on the upper thighs. Keep the eyes closed and breathe through the nose.

Instructions: Start practicing the mudra for 10 minutes and gradually increase the duration for up to 45 minutes.

Benefits

- Promotes flow of prana
- Positively impacts the energy in the thoracic region

- Promotes breathing in the mid section of the lungs
- Improves digestion



Adi Mudra

Adi mudra is formed by placing the thumbs into the palms and curls the other fingers over the thumbs.

Step-1: Place the 'fists' down onto the thighs, with the backs of the hands higher.

Step-2: Slow rhythmic breathing in a 4:3:6:3 ratio (Inhale: 4, keeping air inside: 3, Exhale: 6, Keeping belly empty without air: 3).

Step-3: Repeat this cycle for 7 times.



Brahm Mudra

Step-1: Place the thumb at the base of the small finger, and the remaining fingers curl over the thumb, forming a light fist.

Step-2: The palms are placed on the thighs facing upwards.

1.3 Meditation (Dhyana)

There are several methods to practice dhyana. All the practices of dhyana are to be focussed on a single point either a mantra or an object.

1.3 INTRODUCTION OF MEDITATION AND THEIR HEALTH BENEFITS

MEDITATION (DHYANA)

Meditation (Dhyana) is a state of pure consciousness, which transcends the inner and outer senses. Meditation can be an effective form of stress reduction and has the potential to improve quality of life and decrease health care costs. Meditation involves achieving a state of "thoughtless awareness" in which the excessive stress producing activity of the mind is neutralized without reducing alertness and

effectiveness. Authentic meditation enables one to focus on the present moment rather than dwell on the unchangeable past or undetermined future.

Dhyana is a part of Astanga yoga. It is related to the practice of mind and is the gateway to inner world. One can enter and into dhyana stage after the practice of shatkarma, asana, pranayama. They involve controlling the mind to finally transcend the mind. It helps to improve the concentration and emotional stability and improves the functioning of mental activities.

Chanting of Om : Procedure: For meditation and relaxation you can Chant Om by sitting in any meditative pose, like Sukhasan, Padmasan or Vajrasan.

Types of Meditation (Dhyan)

Mindfulness Meditation

Spiritual Meditation

Focused Meditation

Movement Meditation

Mantra Meditation

Mindfulness Meditation: The most well-known type of meditation, mindfulness meditation, is about being aware of the sounds and activities happening around you. It's almost a flow-like type of meditation, because you just let your mind be fluid and flow from one thought to the next, not really focusing on one particular thing. For instance, if you live in a noisy city, you don't have to block out the outside sirens and screaming children, you let your mind be aware of the sounds without becoming too focused.

Spiritual Meditation: This type of meditation is for those who regularly participate in prayer, as it's based on communicating with God. Just like the other styles, you must be calm and quiet and then begin to focus on a question or problem you might have. This style of meditation can not only be relaxing, but rewarding as well.

Focused Meditation: If the idea of clearing your mind of all thoughts stresses you out, focused meditation is great because you can focus on a sound, object, mantra, or thought. The key here is to just focus on one of these things and stay committed to that one thought or object. This is when relaxation music comes in handy. Even though you're essentially using your mind, you'll be amazed at how rejuvenated you feel afterwards. In our day to day lives, our minds really are in 10 different places at once.

Movement Meditation: Movement meditation may seem intimidating, but if you're by yourself and you really get into it, it can be extremely uplifting and relaxing at the same time. Sitting with your eyes closed, simply focus on your breath and try out different gentle, repetitive flowing movements. Rather than focus on a sound, object, or thought, just turn your attention to your movement.

A slow left and right swaying motion can be therapeutic, or you could try moving your entire upper body in a slow circular motion.

Mantra Meditation: Mantras are words that are chanted loudly during meditation. It may seem odd to make loud noises during a meditation session, but it's actually the sounds that become the object being focused on. In yoga, the mantra Om is regularly used since it delivers a deep vibration that makes it easy for the mind to concentrate on that particular sound.

Process of Dhyana

- Sit in any meditative posture.
- Place hands in Jnana mudra on the knees.
- Spine should be straight and relaxed with closed eyes.
- Now focus on breathing.
- Observe inhalation and exhalation.
- Maintain the process for 5–7 minutes.
- Slowly bring awareness back to the surroundings.
- Gently rub the palms together and place them on eyes.
- After few seconds remove palms and open eyes.
- This is the practice of breath awareness. One can practice it by focussing on different things, i.e., any object in between eyebrow center, any sound, etc.
- Meditation or Dhyana activates the parasympathetic nervous system which provides the relaxation of body and mind.
- It helps in controlling the blood pressure and normalises the heart rate.
- It helps to calm down all the mental activities and reduces anxiety.

Benefits of Meditation (Dhyan)

- A feeling of tranquility and freedom in daily life.
- Reduction in psychological disorders like anxiety, tiredness and depression etc.
- Relief from various pains, such as headache, joint pains etc.
- Highly beneficial in insomnia.
- Increase in patience, and affection and sympathy for others.
- Growth in devotion and belief in the Supreme Being.
- A stronger urge and aptitude for service and cooperation in social life.



1.3. Pranayama: Brahmari :-

Nadishodhana,

Pranayama

Prana refers to the 'vital force' and ayama means to restraint. Prana is the vital energy without which the body would not survive. Pranayama is a breathing technique by which breath regulates and controls the prana. It helps to improve the control over autonomic respiratory mechanisms through breathing patterns that generate energy and enhance emotional stability. Some of the breathing practices are mentioned here.

Phases of Pranayama: Puraka, Rechaka and Kumbhaka:-

Puraka: In puraka, inhalation is very gentle and deep with full awareness. This helps the chest to expand more in its clavicular (upper) region, coastal (middle and lower) region, from front to back and also sideways. This expansion creates more inner space allowing more inflow of air into lungs. At the same time, diaphragm contracts more and moves down towards abdominal cavity to the maximum. In this process, muscles of the front wall in abdominal cavity and the perineal region are under pressure to move outwards and downwards respectively.

Kumbhaka means retention of breath inside or outside. Kumbhaka performed along with bandhas (Mulabandha, Uddiyanabandha and Jalandharbandha) helps in the process of metabolism and assists in more efficient exchange of oxygen and carbon dioxide. Through regulated breathing, Kumbhaka ensures sufficient supply of oxygen and thus helps the brain to work efficiently.

Rechaka: Rechaka assists in more efficient releasing of carbon dioxide. The duration of rechaka is supposed to be double of puraka. The process of rechaka starts at the end of kumbhaka, when bandhas are released. In the process of rechaka, diaphragm is pushed upwards towards the cavity of chest making the chest to contract. Slow and prolonged exhalation prescribed for rechaka helps in completely pushing the carbon dioxide out of lungs.

1. Anuloma-viloma Pranayama (Alternate Nostril Breathing) :-

The Anuloma means 'towards' and Viloma means 'reverse'. It is called Anuloma-viloma because alternate nostrils are used for each inhalation and exhalation. One inhales through the left nostril and then exhales through the right nostril, then the order is reversed by inhaling through the right nostril, and exhaling through the left nostril. This pranayama is called Nadi-shodhana pranayama also, if it is performed with kumbhaka (holding the breath).

Let us perform Anuloma-viloma by following the steps given below:

1. Sit in the position of Padmasana or in any other comfortable meditative posture.
2. Keep the body erect and place the hands on the respective knees.
3. Raise the right hand and place the right thumb on the right nostril and close it.
4. Inhale slowly through the left nostril.
5. Close the left nostril by the ring finger and the little finger and exhale slowly through the right nostril.
6. Again inhale through the right nostril.
7. Close the right nostril with thumb and exhale through the left nostril. This is one round of Anuloma-viloma.
8. Repeat it 10 times.

Dos	Don'ts
-----	--------

- | | |
|---|---|
| <ul style="list-style-type: none"> • Inhale the air slowly without bulging the abdomen. • Keep the ratio of 1:1 or 1:2 between the inhalation and the exhalation. | <ul style="list-style-type: none"> • Avoid producing sound from the nose. • Do not press hard on the nostrils. • Avoid retaining breath (kumbhaka) in the beginning. |
|---|---|

Benefits

- It calms down the mind and improves concentration.
- It improves functioning of all cells of the body by providing them sufficient oxygenated blood.
- It purifies the blood.
- It improves blood supply to brain.
- It helps to regulate blood pressure.
- It helps in managing stress by reducing anxiety.
- It is beneficial in many diseases such as asthma, high or low blood pressure, insomnia, chronic pain, endocrine imbalances, heart-problems, hyperactivity, etc.

Limitation

- In the beginning, retention of breath should be avoided.

Bhastrika Pranayama :-

The word Bhastrika has been taken from a Sanskrit word 'bhastra' which means a pair of 'bellows'. In this pranayama, the action of a bhastra or bellows are imitated. In this pranayama, inhalation and exhalation are done forcefully in rapid succession. Just as a blacksmith blows in and out the bellows forcefully in rapid succession, dilating and contracting it, similarly breath is taken in and out by dilating and contracting the stomach in forced and rapid succession.

Let us perform Bhastrika Pranayama by following the steps given below:

1. Sit in Padmasana, Ardhapadmasana or in any other meditative posture. Keep the body erect.
2. Slowly inhale through the nostrils.
3. Then exhale quickly and forcefully through the nostrils.
4. Immediately inhale with force.
5. Continue this forceful rapid exhalation and inhalation counting up to ten breaths.
6. At the end of the tenth breath, the final exhalation is followed by a deep inhalation and slow exhalation. This is one round of Bhastrika pranayama.
7. Take few normal breaths after this round before starting another round.
8. Complete three rounds of Bhastrika pranayama.
9. There may be variations in the technique of Bhastrika pranayama.

Dos	Don'ts
<ul style="list-style-type: none"> • Sit straight and open the chest for proper strokes. • Lungs, diaphragm and stomach should move with each inhalation and exhalation. • Bhastrika pranayama should be performed after asana and nadishodhana pranayama. 	<ul style="list-style-type: none"> • Do not go beyond the capacity. • Chest and shoulders should not move. • Do not practise it in extremely hot conditions.

Remember the following points:

Benefits

- It increases gastric fire and improves appetite.
- It destroys phlegm.
- It is beneficial in case of asthma.

Limitation

- Bhastrika pranayama should not be practised during ear infection. Person suffering from heart problems, high blood pressure, vertigo, stomach ulcers should not practise this pranayama.

Nadishodhana Pranayama

Nadishodhana means to purify the nadis. Nadishodhana pranayama is also known as anuloma-viloma. Viloma means produced in the reverse order. This variety gets its name from the fact that the nostrils are alternatively used during each inhalation and exhalation in this pranayama.

Stages for Practice

- Sit in any comfortable meditative posture.
- Keep the head and spine erect.
- Close the eyes.
- Pay attention to the breath.
- Place the hands on their respective knees.
- Adopt nasagra mudra of the right hand and jnana mudra of the left hand.
- Close the right nostril with the thumb.
- Inhale through the left nostril and exhale through the right nostril, keeping the respiration rate slow, deep and silent.
- Inhale through the right nostril again.
- Exhale through the left nostril, keeping the respiration rate slow, deep and silent.

Dos and Don'ts

- Keep the ratio of 1:1 between inhalation and exhalation.
- Avoid producing any sound from the nose.
- Avoid pressing hard on the nostrils.

Benefits

- Calms and steadies the mind, improves focus and concentration.
- Improves blood supply to the brain.
- Balances the left and right hemispheres and promotes clear thinking.
- Benefits in following conditions—asthma, allergies, high or low blood pressure, stress-related heart conditions, hyperactivity, insomnia, chronic pain, endocrine imbalances and psychological conditions as anxiety, stress, etc.

Ujjayi Pranayama

Stages for Practice

- Sit in padmasana or siddhasana.
- Close the mouth. Contract the region at the back of the throat, inhale slowly through both the nostrils in smooth and uniform manner till the breath fills the space from the throat to the heart.
- During inhalation, a peculiar sound is produced owing to the partial closing of glottis.

- This sound should be of mild and uniform pitch.
- It should be continuous also.
- Expand the chest while inhaling.
- Slowly exhale through the left nostril.

Dos and Don'ts

- Breathing should be deep, slow and long.
- Do not make harsh sound during inhalation.

Benefits

- Ujjayi pranayama removes heat from the head and keeps it cool.
- It removes phlegm in the throat and prevents all sorts of pulmonary diseases.
- It prevents diseases caused by deficient inhalation of oxygen and cardiac diseases.
- Regular practice of this pranayama defends the practitioner from diseases of phlegm, degeneration, dyspepsia, dysentery, enlarged spleen, cough or fever.

Bhramari Pranayama

The word Bhramari is derived from bhramara which means a 'black humming bee'. In this pranayama, the practitioner makes the sound which resembles the buzzing sound of a black bee, therefore it is named as Bhramari Pranayama. It is a relaxing pranayama. It soothes the mind and, therefore, good for stress management. Let us perform Bhramari Pranayama by following the steps given below.

1. Sit in the position of Padmasana or Siddhasana or any comfortable sitting position. Close the eyes.
2. Inhale deeply through the nose.
3. Close both the ears with thumbs, put the fingers on forehead and eyes and exhale while making soft sound of a humming bee.
4. Concentrate on the sound keeping it low pitched.
5. After exhalation, bring your hands back on your knees and breathe in slowly. This is one round.
6. Practise five to ten rounds in similar way.

Dos and Don'ts

- While exhaling, make a soft sound like a humming bee.
- Focus on the sound and enjoy it.
- Practise it after asanas and anuloma-viloma, but before meditation or sleep.
- Do not make the sound at a high pitch.

Benefits

- The sound resonating in the brain is very soothing and removes tension and anxiety.
- It is very useful to reduce high blood pressure.
- It energises the mind and refuels it with new energy.
- It pacifies the mind and helps reduce anger, anxiety and insomnia.
- It helps in enhancing the concentration.
- It improves memory.
- It alleviates throat ailments.

Limitations

- During an ear infection, this pranayama should not be practised.
- People suffering from cardiac diseases should also avoid the practice.

Sheetali Pranayama

Sheetali means 'cooling'. Sheetali pranayama cools the body and mind, hence the name is sheetali pranayama.

Let us perform sheetali pranayama by following the steps given below.

1. Sit in Padmasana or any other meditative posture.
2. Keep the hands in jnana mudra.
3. Open the mouth. Extend the tongue and bring it outside the mouth as far as possible.
4. Roll the tongue from the sides to make it like a tube. The sides of the tongue should be curled up.
5. Inhaling draw the air from the curled tongue and fill the lungs with air to the maximum.
6. Draw the tongue inside and close the mouth.
7. Exhale through the nose.

This is one round of sheetali pranayama. Practise it 3-5 times.

Dos Don'ts

- Focus on the tongue and the cooling sensation of the breath.
- Do not practise it during cold weather.
- Do not practice it in polluted environment because inhaling through the mouth does not have filtering process.

Benefits

- It cools the body and tranquilises the mind.
- It quenches thirst and improves digestion.
- It enhances endurance to the deprivation of water.
- It is beneficial in the case of high blood pressure and also in low fever.
- It is beneficial for skin and eyes also.

Limitation

- Persons suffering from low blood pressure, asthma, bronchitis and constipation should avoid practising this asana. It should not be practised in cold climate.

1.3 Shatkarma Meaning, Purpose and their Significance in Yoga Sadhna**Meaning**

Shatkarma are cleansing techniques (shodhan kriyas). They are prescribed to set up the body for yoga practises. They are named shatkarma in view of fact that they are six in number. In short, these techniques are used to clean digestion and excretory system of our body. These systems mean eyes, respiratory system, and digestive system and excretory system. If there is any imbalance in these systems of the body, it leads to diseases. Yoga recommends six purification processes to keep the equilibrium in. They are known as Shat kriyas (six purification processes) which are given as under:

1. **Kaphalabhati** - Purification of frontal lobes and lungs.
2. **Trataka** - Blinkless gazing.
3. **Neti** - Nasal cleansing.
4. **Dhauti** - Cleaning of digestive track and stomach.
5. **Nauli** - Abdominal massage.
6. **Basti** - Colon cleaning.

The shatkarmas should always be learned and practiced under the supervision of an yoga teacher and yoga therapy Assistant.

Purpose and Significance:

- To maintain balance between tri-dosh Vata, Pitta and Kapha
- Improve chemical functioning of the body and mind. Balance prana stream in Ida (left nostril) and Pingala Nadi (right nostril). From that point reviving the course through Sushumna Nadi (both the nostrils).
- To eliminate toxins from our body.
- To purify our body from inside and keep our body healthy.
- Contribute strength to our internal systems like respiratory system, blood circulation, digestive, and immune system.

Kapalabhati

Kapalabhati is a kriya (cleansing procedure). Kapala means skull (head) and Bhati means to shine. Because this practice makes the skull (head) shine, therefore it is called Kapalabhati. It helps to revitalise the nervous system which becomes exhausted due to stress. It invigorates the person and helps in fighting negative effects of stress.

Stages for kpalabhati

- Sit in a meditative posture, eyes closed and the whole body relaxed.
- Inhale deeply through both nostrils expanding the abdomen and exhale with a forceful contraction of the abdominal muscles.
- The breathing must be of the 'bellows' type and perform 20 strokes in one round. Start from 10 strokes.
- This is one stroke of Kapalabhati. Begin with 20 strokes at a time. This is one round.
- One can practise one to three rounds in a practical session. Gradually increase the strokes in one round. At the end of practice, deep exhale and relax.

Dos and Don'ts

- Stroke should be in rhythmic manner.
- Active exhalation and passive inhalation.
- Don't strain the facial muscles during the practice.
- Avoid performing the practice in the case of high blood pressure, heart diseases and gastric ulcers, Slipped disc patients and asthma patients.

Benefits

- It purifies the frontal air sinuses and stimulates the brain.
- Massages abdominal organs; and improves digestion.
- It increases the capacity of lungs.
- It is useful in treating cold, rhinitis (inflammation of the mucus membrane of the nose), sinusitis and bronchial infections.

B. TRATAKA

It is a still-gazing based technique for eyes. In this purifying method, you place a light source like a flame at a manageable distance from yourself. Then look at the point of the flame without blinking your eyes until tears start to flow.

BENEFITS

- It improves the eyesight and tones up the visual mechanism.
- It also helps in increasing concentration.
- It helps to calm the mind and remove distractions.

PRECAUTIONS

a. People suffering from epilepsy should not practice trataka on candle. Kids should avoid practicing trataka.

Jala neti (nasal cleansing with water)

A nasal cleansing procedure which purifies the nasal passages and prevent the onset of sinuses. using a neti pot to purify the passages is called Jala Neti.

Techniques of jala neti

- Sit in Kagasana. Keep 1.5 to 2 inches distance between the feet.
- Lean forward from the lower back.
- Tilt the head to the opposite side of the nostril whichever is more active in breathing at the moment.
- Insert the nozzle of the pot into the nostril whichever is active in breathing at that moment.
- Slightly open the mouth and breathe through it.
- Keep the body relaxed.
- Let the water flow in through one nostril and out through the other nostril.
- During the process, eyes should focus on the water stream flowing out of the nostril.
- After finishing half of the water, the put down the pot and clear the nose. Repeat with the other nostril.
- Clear the nose.
- Clean the nose through the practice of Mukha Dhauti (forceful exhalation from nose and passive inhalation from mouth).

Dos and Don'ts

- During the practice of Jala Neti, breathing should be done from mouth.
- Ideal time to perform is before sunrise, lukewarm salted water is to be used for this kriya.
- Head should not be tilted much during the practice of Jala Neti.
- Do not blow the nose too hard after the practice as the remaining water may be pushed to the ears.

Benefits

- This exercise is excellent for the cases of chronic headache, insomnia, drowsiness and improves eyesight.
- The diseases peculiar to the nose, and also coughs are effectively cured.
- Effective for stress and anxiety.
- This procedure must be performed under the careful supervision of a qualified Yoga Expert.

Sutra neti (nasal cleansing with thread)

According to yogic text, insert a soft thread through the nose to the length of one hand span so that it comes out of the mouth.

This is called Sutra Neti. Stages for Sutra neti

- Sit in Kagasana.
- Tilt the head slightly back and insert the sutra (thread or rubber catheter) into one of the nostrils, whichever is more active in breathing at the moment. Gently push it through the nostril using both hands.
- When the thread (sutra) has come through to the back of the throat, put the index and middle fingers into the mouth; catch hold of the sūtra; and draw it out carefully through the mouth. Leave a few inches of the thread hanging out of the nose.
- Now, slowly and gently pull the thread forward and backward 4–5 times.
- Slowly take the thread out through mouth and repeat the practice through the other nostril.

Dos and Don'ts

- Insert the thread slowly and breathe continuously. The thread should be clean.
- This practice should be performed under guidance.
- Do not try Sutra Neti unless Jala Neti is perfected.
- Do not apply force while inserting the thread.
- Do not rub the Sutra too fast during practice.

Benefits

- Sutra Neti stimulates the nerves and improves the function of eyes, tear ducts and olfactory zone in the brain (nasal zone).
- It massages the membranes and sinus glands and strengthens them.
- It increases resistance to invasion by viruses.
- It is very effective in ENT problems.

D. DHAUTI:- Cleaning of digestive track and stomach

It is a cleansing process for the alimentary canal, including mouth, oesophagus, stomach, intestines and rectum.

BENEFITS

- a. It removes all unwanted contents from the stomach including excess secretions of the stomach and undigested food.
- b. It cures the problem of gas, acidity and indigestion.
- c. It helps to cure cough and sore throat.

This procedure must be performed under the careful supervision of a qualified Yoga Expert.

E. Nauli - Abdominal massage. Agnisara

Agnisāra is also known as Vahnisara. Vahni and Agni are synonymous words meaning fire and 'Sāra' means essence. According to Hatha yogic tradition, the essence of fire is located in the navel region. During this kriya, there is a movement in navel region. It can be performed in sitting or standing position. Stages for Practice

- Stand erect with the feet apart at shoulder level.
- Bend the knee and body at an angle of 60°. Place the hands on thighs above the knees.
- Exhale completely then contract and expand the abdominal muscles rapidly for as long as comfortable while retaining the breath outside.
- Then slowly breathe in. Repeat the practice 2–3 times.

Dos and Don'ts

- Stomach should be empty while performing Agnisara.
- The movement should be in rhythmic manner.
- Don't hold the breath beyond capacity.
- Avoid performing this practice in case of high blood pressure.

Benefits

- It gives gentle massages to abdominal organs, and improves digestion.
- It reduces fat and strengthens the abdominal muscles

F. Basti - Colon cleaning.

There are two types of Basti Kriya, namely Jal Basti (with water) and Sthal Basti Kriya (with air).

a. Jala Basti

Traditionally, Jalabasti was practiced in a river, however, using a bucket or tub filled with water would suffice. "Jala" is a word denoting "water", as water is used here to cleanse the bowels, hence the name.

b. Sthal Basti Kriya (with air)

"Sthal" means "ground", since this Basti Kriya is performed in the ground, hence it is named. People also call it as Pawan Basti or Vata Basti Kriya because air is used to cleanse the colon.

Benefits of Basti Kriya**1. Nourishes the intestines**

Basti Kriya washes or cleanses the entire rectum. It removes any harmful bacteria, toxic impurities, accumulated faeces, threadworms and heat from the intestines. Thus Basti Kriya is a great practice to remove the impurities of the lower intestine which usually do not get removed in daily life. Hence it acts in weight loss and detoxification of the body.

2. Removes digestive disorders

The abdominal organs are benefited by the practice of Basti Kriya, because there is pressure on the stomach. It stimulates the digestive organs and improves the efficiency of the digestive system.

Apart from facilitating better digestion, it cures digestive disorders. People suffering from constipation, nervous diarrhoea, flatulence and irritable bowel syndrome get therapeutic benefit from Basti Kriya. It is also used in the treatment of chronic colitis and dysentery with the consent of the doctor.

3. Balances the doshas

Basti Kriya brings balance between Vata, Pitta and Kapha. It removes excess disease-causing doshas and balances the tissues (dhatus). It purifies the body and all the senses work efficiently.

4. Improves Skin Tone

This practice improves your appetite by purifying the body internally. This gives proper nutrition to the body and it reflects well in the skin. Basti hydrates the body, which increases the glow, tone and texture of the skin.

5. Stimulates the Solar Plexus

This yoga practice puts pressure on the abdomen which stimulates and strengthens the solar plexus. It improves the overall well-being of the body by influencing the nervous system. It enables efficient functioning of the stomach, kidneys, liver and adrenal glands.

6. Serves as remedial exercise

Diseases like splenomegaly (enlargement of the spleen), dysuria (urinary disorders), colon cancer or tumors which are very common in men can be cured by doing Basti Kriya.

Basti Kriya Precautions

- People with high blood pressure, hernia, or any severe digestive disorder should avoid Basti Kriya.
- Avoid eating for about 72 minutes after Basti Kriya.
- Make sure you have expertise in Nauli Kriya and Udyaan Bandha.
- Always use sterile catheter tubes for cauterization and use only clean water, neither too hot nor too cold.
- It is best to avoid this exercise in cloudy, rainy, windy or stormy weather.
- This exercise should be done in the morning on an empty stomach.

CONCLUSION

Basti Kriya is an advanced yogic cleansing of the body that cures most ailments. Its importance can be well understood from its description as "Half Medicine", ie half of all the remedies in the world put together.

Thus, prepare your body physically, mentally and spiritually for advanced yogic practices and simultaneously revive all your senses performing Basti Kriya.

Activities**Check Your Progress**

Module 3	Basic Yoga Session II
Introduction	
Learning Outcomes	
After completing this module, you will be able to:	
<ul style="list-style-type: none"> • 	
Module Structure	
Session 1: Therapeutic Yogic Technique	
Session 1: Therapeutic Yogic Technique	
Therapeutic Yogic Techniques for common disease	
(A) OBESITY	
Obesity is supposed to be a gift of modern life style. It is the most common nutritional or metabolic disorder. Obesity is a condition in which excess body fat accumulates to such an extent that health may be affected. It is commonly defined	

as a Body Mass Index (BMI) of 30kg/m² or higher. Obesity, in absolute terms, is an increase of body adipose tissue (fat tissue) mass.

Causes

A combination of excessive calorie consumption and a sedentary lifestyle are the primary causes of obesity. In a few cases, increased food consumption can be attributed to genetic, medical or psychiatric illness. Excess fat accumulation may be due to imbalance between energy intake and energy expenditure. Some patients may be obese due to the abnormal secretion of the Thyroid gland or due to hereditary causes. Actually, there are no specific causes but factors influencing are:

Diet: Consumption of high calorie and low fiber diet.
Sedentary Lifestyle: significant role in obesity.

Genetics: Polymorphisms in various genes controlling appetite and metabolism may predispose to obesity.

Medical and psychiatric illness: Certain physical and mental illness and the pharmaceutical substances used to treat them can increase the risk of obesity.

Early malnutrition: Malnutrition in early life is believed to play a role in the rising rates of obesity in the developing world. Endocrine changes that occur during periods of malnutrition may promote the storage of fat, once more calories becoming available.

Gut Flora: There is an indication that gut flora in obese and lean individuals can affect the individuals' metabolic potential. This apparent alteration of the metabolic potential is believed to confer a greater capacity to harvest energy contributing to obesity.

Neurobiological mechanism: Leptin and ghrelin are considered to be complementary in their influence on appetite, with ghrelin produced by the stomach, modeling short-term appetite control. In particular, they, and other appetite related hormones act on the hypothalamus, a region of the brain central to the regulation of food intake and energy expenditure.

Socio-economic: High socio-economic group.

Heredity: Obesity may inherit from parent to child.

Endocrine factors: Hypothyroidism, Cushing Syndrome, etc.

Faulty metabolism: The person whose rate of metabolism is low, tend to get fat deposited in their body.

Psychological factors: Worry, anxiety, fear, feeling of loneliness, dissociation and frustration may stimulate the person to over eat.

Early malnutrition: Malnutrition in early life is believed to play a role in the rising rates of obesity in the developing world. Endocrine changes that occur during periods of malnutrition may promote the storage of fat, once more calories becoming available.

Water retention: Too much consumption of tea, coffee, aerated water, alcoholic drinks results in deposition of fluid in the body tissues and causes increase in weight.

The excessive fat accumulation can be measured through the following means:
Excessive fat accumulation is measured in the following ways:

- Some expression of weight in relation to height, especially one referred to as the body mass index (BMI). A BMI of all round 25kg/m² is considered normal.
- Skin folds measurements.
- Various body circumferences, particularly the ratio of the waist to hip circumference.

Yogic Management of Obesity

1. Om chanting and prayer.
2. Shodhana Kriyas Kapalabhati, Kunjal, Agnisara, Nauli
3. Suryanamaskara
4. Yogasanas : Some asanas to reduce obesity, by doing which unnecessary fat is reduced from the body and the person remains healthy.
Tadasana, katichakrasana, Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Dhanurasana, Supta- vajrasana, Paschimotasana, Ardhamatsyendrasana, Ushtrasana, Mandukasana, Mayurrasana, shavasana.
5. Pranayama: Nadishodhana, suryabhedhi pranayama, Brahmari, Sitali, Bhastrika.
6. Special Practice: Yoganidra.
7. Dhyana (Meditation)
8. Yama and Niyama: will help to have controlled behavior and would pacify the wondering mind. It also helps to have control over the eating habits of a person.



(B) HYPERTENSION

Hypertension is the elevation of the blood pressure above normal. The levels of Systolic and Diastolic pressure are both risk factors. BP >140 mmHg. & Diastolic Bp > 90 mmHg are generally accepted as hypertension.

Classification of hypertension

1. Primary Hypertension (high blood pressure in the absence of any underlying disease):
 - Benign Hypertension
 - Malignant Hypertension
2. Secondary Hypertension (high pressure due to some underlying disease):
 - Cardiovascular Hypertension

- Endocrine Hypertension
- Renal Hypertension
- Neurogenic Hypertension
- Pregnancy induced Hypertension Manifestations of Hypertension:
- Renal Failure
- Left Ventricular Failure
- Myocardial Infarction
- Cerebral Haemorrhage
-

Therapeutic yogic Management of Hypertension

I. Dietary Management

- Maintain a healthy life style by maintaining adequate nutrition.
- Regularize eating habits by consuming food at regular intervals of time.
- Avoid fried foods.
- Avoid high salt content foods.
- Sprinkle lemon juice over vegetables instead of table salt.
- Take foods rich in fibre, like vegetables and fruits such as apples,
- Oranges, carrots, tomatoes, and beans etc.
- Do not skip a meal.
- Avoid pickles, chutneys, pappads, etc. which has high salt content.
- Eat foods rich in antioxidants like Citrus fruits, papaya, tomatoes,
- grains, cereals, potatoes, green leafy vegetables, etc.
- Avoid dishes, containing baking powder.
-

II. Yogic Management

The role of yoga in the management of hypertension is well documented now. Aim of treatment of hypertension should be to lower the blood pressure and to prevent further complications. In general, the practices prescribed for the hypertension cases are:

Kriyas: Jalneti, Sutraneti Surya-namaskara and selected practices of Yoga SukshmaVyayama (suryanamaskara may be avoided in severe cases)

Asanas: Tadasana, Katichakrasana, Konasana, Uttanapadasana, Ardhalasana, Pavanamuktasana, Vajrasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vakrasana, Uttanamandukasana, Shavasana.

Pranayama: Nadishuddi, Ujjayi and Bhramari.

Meditation: Breath Awareness, Om Chanting and Om Meditation.

Contraindications: The Topsy-turvy postures, hyperventilation breathing practices should be avoided.

LOW BACK PAIN

Low back pain is the most common cause of job-related disability and a leading contributor to missed work. Fortunately, most occurrences of low back pain go away within a few days. Others take much longer time to resolve or lead to more serious conditions. Chronic back pain is a major cause of social and financial concerns as it is associated with impaired quality of life, loss of productivity and large health care expenses. Acute short-term low back pain generally lasts from a few days to a few weeks. Most acute back pains are mechanical in nature - the result of trauma to the lower back or a disorder such as arthritis. Pain and strain may be caused by sports injury, work around the house or in the garden, or a sudden jerk such as car accident or other stress on spinal bones and tissues.

Sign and Symptoms:

- Symptoms may range from muscles ache to shooting or stabbing pain, limited flexibility and/or range of motion or inability to stand straight.
- Occasionally, pain felt in one part of the body due to disorder or injury, may "radiate" elsewhere in the body.
- Chronic back pain is measured by duration - pain that persists for more than 3 months is considered chronic. It is often progressive and the cause can be difficult to determine.

Causes of lower back pain:

- As age advances, bone strength and muscle elasticity and tone tend to decrease. The discs begin to lose fluid and flexibility, which decreases their ability to cushion the vertebrae.
- Pain can occur when, someone lifts something which is too heavy or over stretches, causing a sprain, strain or spasm in one of the muscles or ligaments in the back.
- When the nerve roots become compressed or irritated, back pain results.
- Low back pain may reflect nerve or muscle irritation or bone lesions. Most low back pains follow injury or trauma to the back, but pain may also be caused by degenerative conditions such as arthritis or disc disease, osteoporosis or other bone diseases, viral infections, irritation to joints and discs or congenital abnormalities in the spine, obesity, smoking, weight gain during pregnancy, stress, poor physical condition, improper posture for doing a particular activity and poor sleeping position may also contribute to low back pain.

Yogic Management of Low Back Pain

1. Om chanting and prayer

2. Spinal exercise: The simple spinal movements facilitate the practice of a further range of Yogic techniques by loosening the joints and muscles.

3. Sukshma Vyayama: Griva-sakti-vikasaka (Strengthening the Neck) (1, 2 & 3), SkandhatathaBahu- mula-sakti-vikasaka (Developing the strength of the Shoulder- Blades and Joints), Purnabhujja-sakti- vikasaka (Developing the arms) (Exercise B, C, D, E - vikasaka & F), Kati-sakti (strengthening the Back) (1, 2, 3, 4 & 5).

4. Yogasanas: Tadasana, UrdhwaHastottanasana, Katichakrasana, Ardchakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaendrasana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.

5. Pranayama: Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari

6. Special Practices: YogaNidra

7. Dhyana: Meditation Tips to a healthier back

Following any period of prolonged inactivity, begin a program of regular low-impact exercise. Yoga can help to stretch and strengthen muscles and improve posture. Low impact for appropriate exercises age are designed to strengthen lower back and abdominal muscles can help as well.

- Always stretch before exercise or other strenuous physical activity.
- Don't lean when standing or sitting. When standing, keep the weight balanced on the feet.
- At home or work, make sure the work surface is at a comfortable height.

- Sit on a chair with good lumbar support along with proper position and height for the task. Keep the shoulders straight. Switch sitting positions often and periodically walk around the office, gently stretch muscles to relieve tension. If one must sit for a long period of time, rest the feet on a low stool.
- Wear comfortable, low-heeled shoes.
- Sleep on the side to reduce any curve in the spine. Always sleep on a firm surface.
- Don't try to lift objects too heavy. Keep the objects close to the body. Do not twist when lifting.
- Maintain proper nutrition and diet to reduce and prevent excessive weight, especially around waistline that taxes lower back muscles. A diet with sufficient daily intake of calcium, phosphorus, and vitamin D helps to promote proper bone growth.
- If one smokes, quit smoking. Smoking reduces blood flow to the lower spine and causes the spinal disc to degenerate.
- Avoid excessive stress. Stress will also contribute to the pain intensity.

D) BRONCHIAL ASTHMA

Asthma is a disease of the respiratory system where the airways get narrowed, often in response to a "trigger" such as exposure to an allergen, cold air, exercise, or emotional stress. This narrowing causes symptoms such as wheezing, shortness of breath, chest tightness, and coughing, which respond to bronchodilators.

The asthmatic disorder is a chronic (recurring) inflammatory condition in which the airways develop increased responsiveness to various stimuli, characterized by bronchial hyper-responsiveness, inflammation, increased mucus production and intermittent airway obstruction.

Asthma is characterized by episodic, reversible broncho- constriction resulting from increased responsiveness of the trachea-bronchial tree to various stimuli. The exact basis of bronchial hyper reactivity is not entirely clear. But bronchial inflammation plays an important role.

Signs and symptoms of Asthma

- Asthma is characterized by episodic dyspnea (difficulty in breathing),
- wheezing and cough.
- Difficulty in expiration.
- Tightness of the chest/discomfort in the chest may be seen.
- Attack lasts from one to several hours.
- Severe attacks may affect the heart and circulatory system.
- Severe attack, not responsive to usual therapy is called "status asthmaticus" and is a medical emergency.
- Hypercarbia (increased level of CO₂), acidosis and hypoxia (decreased O₂ level) is rare in asthma.

Management of Bronchial Asthma

I. Dietary management

1. The diet plays an important role in the management of asthma and other respiratory conditions.
2. There are foods which are allergic to asthma patients and such foods should be avoided.
3. Cold foods, ice creams, chocolates, other stimulants, fruits like banana etc. are to be avoided.
4. Also, the foods which add to the production of should be specifically avoided.

II. Yogic Management

The role of yoga in the management of Bronchial. Asthma is well documented now. Aim of the treatment of asthma should be broncho-constriction and to tackle the triggering factors.

1. Kriyas: Jalaneti, sutraneti, kapalabhati, kunjaj, vastradhouti
2. Om chanting and prayer
3. Suryanamaskara
4. Selected practices of sukshnavyayama: Uccaranasthalatatha Visuddha chakra shuddi, Buddhitathadhriti shaktivikasaka, Vakshasthala shaktivikasaka (1 and 2)
5. Yogasanas: Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Ushtrasana, Vakrasana, Ardhamatsyendrasna, Uttanamandukasana, Bhujanasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana.
6. Pranayama: Nadishodhana Pranayama, Suryabhedi pranayama, Bhramari, Bhastrika.
7. Special Practice: Yoganidra
8. Dhyana: Meditation

E ARTHRITIS

Yoga is proven to help people with arthritis improve many physical and psychological symptoms. Recent scientific studies of people with various types of arthritis shows that regular yoga practice can help reduce joint pain, improves joint flexibility and function, and lower stress and tension to promote better sleep. Yoga falls in many forms, but generally involves positioning the body in various poses along with coordinated breathing and meditation exercises.

Clinical course: Signs and symptoms of arthritis

Regardless the type of arthritis, the common symptoms for all arthritis disorders include varied levels of pain, swelling, joint stiffness and sometimes a constant ache around joints. Other than this a variety of symptoms can be found such as:

- Inability to use the hand or walk.
- Feeling tiredness.
- Weight loss.
- Poor sleep.
- Muscle ache and pain.
- Tenderness.
- Difficulty in movement of joints.

Yogic Management of Arthritis:

1. Om chanting and prayer
2. Spinal exercise: The simple spinal movements facilitate the practice of further range of Yogic techniques by loosening the joints and muscles.
3. SukshmaVyayama: Griva-sakti-vikasaka (Strengthening the Neck) (1, 2 & 3), SkandhatathaBahu-mula-sakti- vikasaka (Developing the strength of the Shoulder- Blades and Joints), Purnabhujasakti- vikasaka Developing the arms exercise B, C, D, E & F, Kati-sakti vikasaka strengthening the back exercise 1, 2, 3, 4 & 5).
4. Yogasanas: Tadasana, Urdhwa hastottanasana, Katichakrasana, Ardha-chakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaendr

asana, Marjari-asana, Gomukhasana, Uttanamandukasana,
Sarala Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana,
Makarasana, Shavasana.

5. Pranayama: Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari
6. Special Practices: YogaNidra
7. Dhyana: Meditation

Methods and benefits for Yoga Practices

The given below should be followed by the Yoga therapy assistant performing the yogic practices.

Before the yogic practice

- *Shauch* means cleanliness, an important pre-requisite for Yogic practice.
- It includes the cleanliness of surroundings, body and mind.
- Yogic practices should be performed in a calm and quite atmosphere with a relaxed body and mind.
- Yogic practices should be performed on an empty stomach.
- Bladder and bowels should be emptied and evacuated before starting yogic practice.
- Yogic practice should not be performed on uneven surface.
- A mattress, *durry* or folded blanket should be used.
- Light and comfortable cotton clothes are preferred to facilitate easy movements of the body.
- These practices should not be performed in a state of exhaustion, illness or in a hurry.

During the practice

- Practice session should start with prayer as it creates conducive environment and thereby relaxes the mind.
- Perform the practice slowly with body, breathe awareness along with relaxation.
- Breathing should always be done through nostrils unless instructed otherwise.
- Observe your body movements, do not strain too much. Practice as per your own capacity.
- Regular practice is very essential for good results.
- There are contra-indications/limitations for each Asana, Pranayama, Kriya and Bandha. Such contraindications should always be kept in mind. In case of chronic diseases or cardiac problems, doctor and yoga therapist should be consulted prior to the performance of yogic exercises.
- During pregnancy and menstruation, yoga expert should be consulted prior to yogic practice.

After the practice

- Bath may be taken only after 15 to 30 minutes of the yoga practice.
- Light food may be taken only after 15 to 30 minutes of the yoga practice.
- After each practice session, shavasana should be practised as per need.
- Yoga session should end with meditation followed by deep silence and then Shanti Path.

Benefits for Yoga Practices

Psychological Benefits

- Socratic and kinesthetic the be awareness increase

- Psychological Mood improves and subjective well-being increase
- Self-acceptance and self actualization increase social adjustment increases
- Anxiety and depression decrease
- Hostility decreases.

Physiological Benefits

- Pulse rate and respiratory rate decreases
- Blood pressure decreases
- Galvani Skin Response (GSR) increases
- EEG – alpha waves increases
- EMG activity decreases
- Cardiovascular efficiency increases
- Musculoskeletal flexibility and joint range of motion increases
- Gastrointestinal and Endocrine function normalizes
- Immunity increases
- Pain decreases
- Endurance increases
- Energy level increases

Spiritual Benefits

- Pride
- knowledge

Activities

Check Your Progress

Module 4

Yoga Therapy and Palliative Care

Introduction

Learning Outcomes

Module Structure

Session 1 : Nutrition and Palliative care

Introduction

Dietetics is the application of science of nutrition to nourish the body or prevent disease throughout the life cycle of a person. Dietetics is concerned with the diet and its impact on our health. Dietician helps to choose right food or diet according to physiological condition of the body. Nutrition is the study of nutrients, their utilisation by the body for its growth and maintenance in health and illnesses.



Diet has an important role in the healing or recovery of patients during diseased condition along with medical treatment. In hospital or any health care setup, providing good nutrition to patients for faster recovery and maintaining quality of life is one of the primary objectives of the healthcare system. During diseased condition, patient suffers from poor appetite or inability to take proper diet may leads to under-nutrition thus increasing the risk of poor treatment outcome. Therefore, nutrition or dietetics is considered as one of the most important part of treatment of diseases.

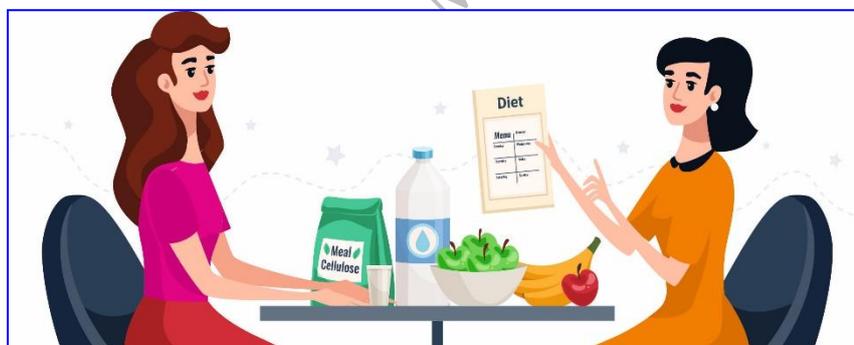
Nutritional care is very essential in disease condition. In hospital setting every patients has different physiological condition thus they have different dietary needs. Every patient needs individual approach based dietary care. Dietary service in hospital has two aspects; one is dietary planning and second one is food service. The dietary department has the responsibility of ensuring quality food service to the wide range patient according to their nutritional requirement in diseased conditions. Inadequate nutritional supply or improper diet contributes towards various disorders, other co-morbidity in the body and negative treatment outcome thereby causing more financial burden on the patient. Overcoming nutritional deficiency in patients plays key role in strengthening or boosting the immunity to fight against the disease. Dieticians plans nutritional care of the patients according to their medical conditions which includes meal planning, nutritional counseling and follow-up on daily basis.



2. Therapeutic Nutrition Service: Therapeutic diet is the modified normal diet to meet the nutritional requirement of sick person. Modification may be in consistency of food, type of diet, nutritional composition, functional ingredients of diet, mode of feeding, method of cooking food or change in bulk density of food. As patient can have difficulty in eating food with reduced appetite. Therefore, therapeutic diet has protocol and it is given in correct texture, amount and time as recommended.

Dietary department ensure various types of modified diets that patient require during disease condition. A multidisciplinary team approach of medical experts and dietary department works to improve the health of individual patients. Various therapeutic diets prescribed and prepared by the department to fulfil wide range of nutritional needs of patients. These are clear diet, liquid diet, soft diet, semi-solid diet, bland diet, sodium restricted diet, diabetic, renal diet and enteral feeds.

3. Nutrition Counselling: In addition to managing food service to the indoor patients of the hospital, dietetic department works for disease-specific nutritional counselling on the basis of diagnosis and biochemical parameters of the in-door and out-door patients. Nutritional counselling helps sick person or any individual in choosing right kind of food in various stages of life and during disease or to clarify various myths or food fads. Counselling also given to understand the recommended diet plan to easily follow the instruction in right way and also in the prevention of life-style diseases. Dietician or nutritionist analyse dietary habits, assess body measurements, diagnose nutritional problems and make changes when it is required in the diet and life-style of the client/ patient. Counselling involves imparting nutritional education session (Fig.1.13) providing educational material, support services and follow up.



4. Nutrition Education Program: Nutrition education aims to bring behavioural changes in eating habits through counseling, lectures, demonstration, group discussion, role play, problem solving etc. Dietetics department also impart nutrition education and awareness among health professional.

5. Research and Training: Department of Dietetics in health care sectors actively engages in nutrition related research activities and sometimes as joint research projects with other departments of hospitals and healthcare experts. Training/internship programs also offered to the students by the department. A diet assistant works under the guidance of dietician hence, job role of diet assistant in the health care institution depends very much on the working of dietetic department.

Yoga and Palliative Care

Yoga is being practiced since ancient time, yoga as therapy is still a relatively new and emerging trend in the healthcare field. A growing body of research on yoga for palliative care has shown improvements in the sleep quality, mood, stress, management of physical symptoms, and overall quality of life. Palliative potential of home-based yoga sessions in women with advanced cancer was evaluated in a study. Enhanced mind-body and body-spirit connections, benefits at physical, mental, and emotional level as well as the alleviation of illness impacts were observed.

Meditation and pranayama, along with the relaxing yoga poses, can help in dealing with the emotional aspects of chronic pain, reduce anxiety and depression effectively, and improve the quality of life. There is a substantial evidence suggesting the efficacy of yoga practices in reducing the impact of exaggerated stress responses and coping with anxiety and depression. It mainly acts via down regulating the hypothalamic pituitary adrenal (HPA) axis and the sympathetic nervous system.

In recent years, many studies demonstrated that mindfulness (a 'relaxed wakefulness' practice based on the ancient eastern tradition of meditation) reduces pain. 'Mindful yoga' was suggested to be a feasible and acceptable approach for pain, fatigue, sleep disturbance, psychological distress, and functional impairment in women with metastatic breast cancer. It is believed that mindfulness meditation engages multiple unique brain mechanisms and psychological mechanisms by which a yoga intervention attenuates the subjective experience of pain. Relaxation postures and yoga nidra have been found to reduce analgesic requirements and improve sleep and reduce fatigue in malignant pain states.

The need for yoga for palliative patient

- Cancer
- HIV/AIDS
- Organ failure such as heart failure, lung failure or kidney failure
- Chronic neurological diseases like - Parkinson's disease, stroke
- Trauma or injury to the spinal cord
- Old age conditions like Alzheimer's disease etc.
- Children with cerebral palsy or birth defects etc.

Yoga therapy for palliative care is based on gentleness and compassion. It aims to empower the patient to accept and face the illness and death by holistic experience which has physical, mental, emotional, and spiritual dimensions.

Gentle yoga poses (asanas): Supported and modified stretching is recommended to suit individual needs. Restorative yoga consisting conventional poses with props

facilitates stretching, provides support and induces relaxation. Asana reduces fatigue and pain in patients with cancer.

Regulated breathing techniques (pranayama): Diaphragmatic breathing effectively reduces the anxiety level through the reduced sympathetic activity and enhanced vagal activity. This can be practiced by anyone, regardless of age or physical condition and anywhere, even in a hospital bed. Deep yogic breathing with prolonged exhalation relaxes most skeletal muscles and help to cope with stress and anxiety.

Gestures (mudra): Balancing, calming mudra (subtle physical movements) provide comfort and are easy to perform by anyone and suggested a few possibilities like anjali mudra, vajrapradama mudra, padma mudra, and adhi mudra for end-of-life yoga therapy.

Meditation (dhyān): 'Internalized awareness', the peculiar feature of meditation, facilitates coping with stress.⁵ Faith healing through spiritual means may be effective complementary therapies for pain and symptom's relief in palliative care.

Yoga Nidra (conscious, dynamic, yogic sleep): It provides complete relaxation, peace, self-awareness, and self-efficacy and reduces rage, anxiety, and emotional reactivity.

Nada Yoga (chanting mantra or singing): It reduces anxiety¹¹ and positively increases the EEG Alpha and general well-being.

Mindfulness: This can be practiced anytime, anywhere, and suitable for even the most disabled patient. It is suggested that mindfulness-based practice can assist traumatized individuals in coping with the stresses encountered and assist them in facing the realities of sickness, pain and death.

What yoga can offer in palliative care is a holistic approach in which the 'individual' as a whole is focused on, not just the disease. It includes a patient-centered wider perspective of wellness with the aim to offer relief from symptoms, pain, physical difficulties, mental stress of illness, and improved quality of life. The side effects are minimal when yoga is practiced under guidance. Yoga can be practiced at any age and can be performed almost anywhere, even on the hospital bed. It is said that, "If you can breathe, you can do yoga."

A thorough evaluation of the patient's condition ensures a tailor-made yoga program to compliment individual health status and avoid adverse effects. A relatively safe yoga style to suit the individual requirement under the guidance of a qualified yoga professional is recommended. The practices are modified for unique circumstances, of even bedridden or chair-bound individuals and the participants are encouraged to work at an individual pace-within oneself's physical capacity.

In advanced metastatic cancers with bone involvement, poses which stresses the bones are to be avoided. Hyperventilation practices such as kapalabhati (forceful exhalation and automatic inhalation) and bhastrika (bellows breath) may result in the risk of causing pneumothorax in patients receiving radiation for lung lesions and they are contraindicated.

active and passive exercise

Exercise should be integrated into the daily life of the patient as it prevents contractures, foot drop and wrist drop. Educate the family about the importance

of exercise to prevent joint stiffness. If there are no restrictions or bone problems, exercises can be given by the patient's family.

Activities

Check Your Progress

Module 5

Record and Documentation

Introduction

Learning Outcomes

After completing this module, you will be able to:

-

Module Structure

Session 1: Record and Report

Session 1: Record and Report

In Continuity this unit deals with records and reports. As you know that records are the source from which data can be collected, it becomes the basis of needs assessment and future planning. You will also learn about the various reports to be submitted at the work place, the information given in the monthly report. Records evaluate past performance with current status.

Record and report

Records can be of various types such as cumulative (continuing records) and family record depends upon the area of work. When it comes to yoga center, many types of data are required to be collected by the yoga center workers and registers are maintained accordingly. These data are related to general information, family details, client's records and other records (daily diary, community visit, health and nutrition meeting etc.).

Some of these data are:-

- Basic information on clients and family members (age, gender, marital status) in the yoga center.

- Health status of person (nutritional status, Pregnancy, parity, disability, chronic illness, immunization status of children under 5 year, Antenatal care,)
- Sanitation status in households (water and hygiene level, availability of latrines, leaky roofs, cleanliness in surroundings)
- Health promotion practices among community persons (substance abuse, mental disability)
- Nutrition detail-supplementary nutrition distribution,
- Yoga services and activities offered to beneficiaries in community The data collected are maintained in various registers in yog centers by yoga therapy assistant. These registers and formats are available in yoga -centre. These records are meant for taking action at the local level. At Yoga-centre, following registers are maintained.

- Daily attendance register
- Yoga session record
- Yoga Center Employee Register
- Customer details register
- Client's feedback register
- Palliative client register
- Complaint register
- Monthly meeting register
- Register for water quality and sanitation
- Register for account maintenance
- Stock register (appliance furniture and other goods)
- Electronic record

Records at Yoga Centres

Daily diary- all daily activities taken in the field or meeting or yoga centre need to be entered in this dairy. It included all the works ranging from counseling, immunization, check-up and follow-ups. Communicable and non-communicable disease. It shows all the work taken in a particular month and helps in writing monthly report or performance. It need to be carried out with the yoga workers everywhere to note all the information instead of carrying all the register with them.

Daily attendance register - In this type of register the daily attendance of the client at the yoga center is recorded.

Yoga Center Employee Register - This register contains the complete information of all the employees working in the Yoga Center and details of their daily activities.

Client Details register - It contains the details of all the clients covered under a particular Yoga-centre.

Household Survey Register - During the survey every household data of palliative care clients is taken and yoga therapy provided at home.

Stock register- all items provided and used at Yoga-center is mentioned in this register.

Palliative client register - Every palliative client cases are recorded in this register to better follow-up the recovery.

Some of the general guidelines which need to be followed by yoga therapy Assistant while maintaining the records are:

- Enter data in correct place only

- Note down the information as soon as possible as delay results in skipping from memory or inaccurate data.
- Maintain or updates the records on daily basis avoid piling up too many records.
- Write in clear and neat way with legibility.
- Keep records in a systematic way such alphabetically, numerically or geographically along with index card
- Protect all records from being damaged by insects or pest.
- Keep records confidential and not within reach of unauthorized person.

Role of yoga therapy Assistant Importance of Records and Reports

- Assess health level of the person
- Helps in collecting data
- Assessment and evaluation of work
- Basis for formulating plans
- Tool or medium for yoga education
- Determine needs of resources
- Legal documentation
- Means of communication
- Provide information of good yoga
- Conduct training and research work
- Assess health problems during yoga session

Value and Use of Records

- Provides basic facts for service.
- Provides a basis of analysing needs.
- Provides a basis for short term and long term planning.
- Prevents duplication of service.
- Helps evaluate care and teaching given.
- Helps follow-up services effectively.
- Helps to organise work.
- Serves as a guide to professional growth.
- Enables to judge the quality and quantity of the work done.
- Creates awareness.
- Helps to recognise clients needs.
- Can be used as teaching tool.
- Evaluate services rendered, teaching done and persons action and reactions.
- Helps in making studies for research, for legislative action and for planning budget.
- Is a legal evidence of service rendered.
- Provides justification for expenditure of funds.

Reporting

Reporting consists of written and oral communication between and among individuals involved in yoga therapy whereas recording involves preserving such communication in writing or on various electronic media.

Electronic Yoga Record

"electronic record" means data, record or data generated, image or sound stored, received or sent in an electronic form or micro film or computer generated micro fiche. The electronic records or digital content are produced in the form of text, images, documents, e-files, audio, video, 3D models, web pages, maps, datasets, computer generated micro fiche and various other forms.

Electronic/digital records: Records created digitally in the day-to-day business of the organisation and assigned formal status by the organisation. Examples include word processing documents, emails, databases, or intranet web pages. Modern electronic record management tools are applied to preserve this type of records.

Advantages and Disadvantages of Electronic Record

- The advantages of an EYR are listed below:
- EYRs are easily accessible.
- Easier to send a digital file from one office to another.
- Time is saved in transferring files.
- Accuracy of data are readily available for further decision making.
- Readily available to clients when data stored electronically.
- Occupies less space in the office/file rooms.
- Easier to store them for long term.
- Reduces errors which arises from misinterpretation of bad handwritings.

Disadvantages of Electronic Health Record

- The disadvantages of an EYR are listed below:
- Compromise on privacy of the records of clients as it can be accessed by many.
- To have error free maintenance, skilled technicians are required.
- Details of the Yoga- center and client's records can be hacked.
- Minimal error can lead to bigger loss as retrieval of data may be difficult if lost. is costly to set up the infrastructure.
- Need to have a backup plan

Maintaining accurate records and reports in yoga practice and therapy is essential for tracking progress, ensuring safety, and providing a clear understanding of the individual's journey. Here's an outline of what should be included in yoga records and reports:

1. Client Information:

Full name

Date of birth

Contact information

Emergency contact details

Relevant medical history (including diagnoses, medications, surgeries, injuries, and allergies)

Consent forms (signed and dated)

2. Initial Assessment:

Initial consultation notes Goals and objectives of the yoga practice or therapy
Physical assessment, including range of motion, flexibility, strength, and any physical limitations. Psychological assessment, including stress levels, anxiety, and emotional well-being.

3. Session Details:

Date and time of each session Duration of the session Specific yoga practices or poses performed during the session Any modifications or adaptations made for the

client. The client's subjective experience, including feedback on comfort, discomfort, and emotional states Any observations or notes on the client's progress.

4. Breath and Meditation Practices:

Details of any pranayama (breathing exercises) taught or practiced
Details of meditation techniques and practices The client's response to breath and meditation practices.

5. Progress Tracking:

Regular assessments of physical and emotional progress
Changes in pain levels, mobility, and overall well-being
Adjustments made to the yoga practice based on progress or setbacks

6. Communication and Feedback:

Any communication with the client, including emails, messages, or phone calls related to their practice Feedback from the client regarding the effectiveness of the yoga therapy Client-reported improvements or challenges.

7. Modifications and Adaptations:

Details of any modifications or adaptations made to the yoga practice based on the client's changing needs or abilities Reasons for making these modifications.

8. Safety Considerations:

Any safety concerns or incidents during sessions Actions taken to address safety concerns Emergency procedures followed, if applicable.

9. Personal Reflection:

Personal notes or reflections by the yoga instructor or therapist regarding the client's progress and challenges Thoughts on adjustments or changes needed for future sessions.

10. Session Planning:

Session plans for future sessions, including specific practices, goals, and objectives Modifications or adaptations to be implemented in upcoming sessions

11. Closure and Final Assessment:

A final assessment of the client's progress and overall experience
Client's satisfaction with the therapy or practice
Recommendations for continued self-practice or follow-up sessions, if applicable

12. Privacy and Confidentiality:

Ensuring that all client information is kept confidential and stored securely
Compliance with privacy laws and regulations
It's important to note that these records and reports serve multiple purposes, including documenting the client's journey, facilitating communication with other healthcare professionals, and ensuring the safety and effectiveness of the yoga practice or therapy. Additionally, maintaining clear and organized records is essential for ethical and legal reasons, especially when working with clients who have specific medical conditions or health concerns.

Activities

Check Your Progress**Answers****Glossary**