Yoga Therapy

Therapeutic yoga or yoga for prevention and treatment of diseases is widely practiced in Naturopathy hospitals and Holistic Health Centres. Its efficacy is now recognized by the modern medical science, and is been promoted by the Government in its health care institutions, Rural health care mission, and the educational institutions and organizations , for well being , to prevent occupational hazards and to improve efficiency at work.

Yoga complements the effectiveness of other modalities of treatments, done individually, or in combination. Several yoga therapy centres, use yoga therapy, as the only means of treatment, as well as diagnostics.

Therapeutic yoga is prescribed by qualified Doctors, and are taught either by the physician himself or trained yoga therapists, under the guidance of the doctor.

Doctors in Naturopathy( Bachelor of Naturopathy and Yogic sciences) are graduates in yoga therapy too. They use various yogic techniques including asanas, pranayama, meditation, shatkriyas and yogic diet, as the therapy tools, based on the individual, and his disease condition. They understand and believe that though disease is one, diseased individuals are different. So the techniques are taught according to each individual, under complete guidance.

A physician’s knowledge on medical conditions, its presentations, complications, prognosis etc, makes it safe for the patient to receive the yoga therapy from him, or under his guidance.

A doctor neither believes in making people perform difficult poses, nor insists on it. It completely goes by the aphorism” Sthiram Sukham Asanam”- which means the Yogic posture necessarily, should be easy and comfortable, for practice and its maintenance. This is the major difference between the cultural yoga and the therapeutic yoga.

Yoga therapy is most beneficial in prevention and treatment of Life style diseases.

Diseases like Diabetes Mellitus, Hypertension, Bronchial Asthma, Coronary artery disease, Migraine, allergic Rhinitis, Anxiety and Depression, Insomnia, Rheumatic diseases, Osteoarthritis, Digestive disorders, Diseases of the Nervous system, Stress disorders ect are few of the many that benefit from Yoga therapy.

Women’s health could be safe guarded, as well as improved through Yoga therapy.

Menstrual irregularities, Painful menstruation, Hormonal imbalance as in Hypothyroidism, PCOD, Obesity, Menopausal symptoms, Urinary incontinence etc are some of the conditions which could be prevented/ treated through yoga therapy.

Yoga therapy also complements the Modern as well as the traditional treatment of Infertility. It plays a good role in Ante-natal and post natal care. More number of ladies are recorded to have enjoyed easy and normal labour, with guided yoga therapy, during pregnancy. Their recovery period have been shorter, and were benefitted with good physical and mental health post delivery.

In children, lack of concentration, recurrent illnesses due to reduced immunity, ADHD( Attention deficit Hyperactivity), Poor digestion, Poor eye sight, Constipation and digestive disorders etc are few of the conditions that benefit.

The duration and frequency of practice varies between individuals and condition treated, and hence would be advised by the physician.