Yoga & Chronic Illness

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- Teaching over 20 years
- Training at SVYASA
- Taught at NIH 3 yrs
- Practice Ayurvedic medicine
- Clinic in Rockville
- Vedic Health, nonprofit
Chronic Illness Today

Let’s look at some numbers...
The CDC classifies the following as chronic diseases:

- Heart Disease
- Diabetes
- Stroke
- Obesity
- Cancer
- Arthritis
Number of Americans with Chronic Diseases

By CDC

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>118</td>
</tr>
<tr>
<td>2000</td>
<td>125</td>
</tr>
<tr>
<td>2005</td>
<td>133</td>
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<tr>
<td>2010</td>
<td>141</td>
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<tr>
<td>2015</td>
<td>149</td>
</tr>
<tr>
<td>2020</td>
<td>157</td>
</tr>
<tr>
<td>2025</td>
<td>164</td>
</tr>
</tbody>
</table>
Lifestyle Diseases

- Hypertension: 32%
- Heart Disease: 12%
- Lung Disease: 6%
- Difficulty to walk 1/4 mile: 7%
- Diabetes: 10%
- High Cholesterol: 16%
- Arthritis: 23%
- Obese or Overweight: 67%

Percentage of adults with following lifestyle diseases or condition.

Source: CDC/National Center for Health
Data from the National Council on Aging

<table>
<thead>
<tr>
<th>Chronic Condition</th>
<th>% Older Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>60</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>45</td>
</tr>
<tr>
<td>Arthritis</td>
<td>30</td>
</tr>
<tr>
<td>Coronary Heart</td>
<td>25</td>
</tr>
<tr>
<td>Diabetes</td>
<td>20</td>
</tr>
</tbody>
</table>
12% of U.S. adults had five or more chronic conditions.

40% had no chronic conditions.

18%

13%

9%

7%

12%
CHRONIC DISEASES IN NUMBERS

- 49.8% of adults have 1 or more chronic diseases
- 7 of 10 deaths are caused by chronic diseases
- 63.4% of diabetes patients have some mobility limitation
6 in 10 Americans have a chronic disease

4 in 10 Have multiple chronic conditions

60% Your chance of developing a chronic condition
The latest disease to watch out for...
SITTING DISEASE
The negative effects of an over-sedentary lifestyle

Increased risk of:
- chronic diseases
- organ damage
- spine damage
- muscle degeneration
- leg disorders

24 hours of a typical American:
- Sedentary (21 hrs)
- Active (3 hrs)

THE WHOLE U
UNIVERSITY OF WASHINGTON
Sitting Disease causes...

94% higher chance of death in inactive women who sit for 6+ hours a day, compared to standing counterparts.

48% higher chance of death in inactive men who sit for 6+ hours a day, compared to standing counterparts.
Chronic fatigue

Diabetes

Skin diseases

Depression or anxiety

Chronic inflammation and pain

Overweight

Cancer

High blood pressure

Memory decline, Alzheimer

Thyroid problems

Heart diseases

Symptoms

Underlying Causes

Environmental toxins

Toxic relationships

Physical or emotional trauma

Lack of exercise

Processed food, sugar, added chemicals

Brain/nerves dysfunction

Food sensitivity or allergy

Digestion or absorption dysfunction
MODERN DRUG TREATMENT

- Has side effects
- Creates dependencies
- Does not resolve the root cause
- Are foreign to our bodies

Treating chronic disease with drugs alone is not creating a healthier individual.
Patients tend to remain on drugs to treat chronic illness for years.

Mindset perpetuates the disease: "I’m going to be diabetic forever"

Where is the hope for recovery?
The Need of the Hour:

Address chronic illness with preventative measures and effective treatments free of harm that create a healthier, happier person.
TAKE HEALTH IN YOUR OWN HANDS

Commit to the well-being and inner harmony of your WHOLE personality with YOGA
HEALTH BENEFITS OF YOGA

**IAYT**
Documented by International Association of Yoga Therapists based on public studies

**SVYASA**
Research done by SVYASA Yoga University in Bangalore led by Dr H R Nagendra (GuruJi)
HEALTH BENEFITS OF YOGA

- Stable autonomic nervous system equilibrium
- Pulse rate decreases
- Respiratory rate decreases
- Blood pressure decreases
- EEG: alpha wave increase
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory volume and vital capacity increases
HEALTH BENEFITS OF YOGA

- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility improves
- Joint range of motion increases
- Spinal deformities improve
- Posture improves
- Strength and resiliency increase
HEALTH BENEFITS OF YOGA

- Endurance increases
- Energy levels increase
- Weight normalizes
- Sleep improves
- Immune function normalizes
- Pain decreases
- Mental/emotional state improves
- Nervous system disorders improve
CASE STUDY: ROLE OF YOGA IN MGMT OF HYPERTENSION

Participants
25 hypertensive patients
All were trained in Savasana and practiced daily for 6 months, 10 min

Group A
20 patients, receiving only yoga treatment

Group B
5 patients receiving yoga and drug treatment
**CASE STUDY: ROLE OF YOGA IN MGMT OF HYPERTENSION**  (Agarwal, Singh V, Udupa, 1989)

<table>
<thead>
<tr>
<th>Results</th>
<th>Group A</th>
<th>Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Significant fall in mean systolic and diastolic pressure of both groups</td>
<td>65% of patients, blood pressure could be controlled with Savasana only</td>
<td>Significant reduction in doses of drugs</td>
</tr>
</tbody>
</table>
BENEFITS OF YOGA ON FATIGUE

▷ Significant improvement of mental and physical energy and feelings of alertness and enthusiasm (Wood, 1993)
▷ More energy, less stress and less pain (Lee, Manusco, Charlson, 2003)
▷ Symptoms of fatigue improved (Oken, 2004)
▷ Improvements in energy and alertness with reduced lethargy (Oken, 2006)
CASE STUDY: EFFECT OF YOGA ON OSTEOARTHRITIS OF KNEE  (Bukowski, Conway, Glentz, Kurland, 2006)

▷ 15 women and men were divided into 3 groups: Iyengar yoga, strengthening exercises, and no structured exercise; 45 min, 4 days/wk for 90 days

▷ Study found functional changes and improvement in quality of life most with yoga practice including increase in range of motion of knee joint, reduction in pain, and improvements in walking time
CASE STUDY: EFFECT OF YOGA ON INFLAMMATION

- 50 healthy women were exposed to restorative hatha yoga asanas and two control conditions of controlled movements during 3 separate visits.

- Measurements taken to compare inflammatory and endocrine response before and after yoga session, as well as control conditions.
CASE STUDY: EFFECT OF YOGA ON INFLAMMATION

58% showed improvement in both inflammatory and endocrine responses

24% showed improvement in only one or the other

18% showed no improvement in either
41 healthy men and 23 healthy women were taught pranayama for 30 days, and yoga and pranayama for the next 60 days.

Measurements taken to evaluate blood lipid profiles and free fatty acids before and after both stages.
CASE STUDY: EFFECT OF YOGA ON LIPID PROFILE  (Prasad KV, Sunita M, Raju PS, Reddy MV, 2008)

- Significant reduction of triglycerides, free fatty acids and VLDL cholesterol in men, and free fatty acids alone in women at end of stage 1
- Significant fall in serum cholesterol, triglycerides, LDL and VLDL cholesterol at end of stage 2 for women
- HDL cholesterol increased for men after stage 1
- No significant change in HDL for women was seen
EFFECTS OF YOGA ON TYPE II DIABETES  (Innes K, Selfe T, 2015))

33 papers reported findings from 25 controlled trials suggesting that yogic practices may promote significant improvements in type II diabetes including glycemic control, lipid levels and body composition and can help reduce or eliminate the need for medication.
YOGA FOR MENTAL HEALTH

Yoga’s greatest benefit:

The healing of mental disturbances

MIND.

A beautiful servant
A dangerous master
Yoga and the Mind

- Yoga instills calmness and contentment
- Yoga reduces anxiety, worries and tensions
- Yoga helps to clear the mind creating space for positive thoughts
- Yoga helps break the patterns of habitual negative thinking
- Yoga invokes positive emotions within us
Happiness is the most powerful medicine one can take for preventing and healing chronic illness.
WHERE OUR EMOTIONS LIVE

Love

Happiness

Sadness

Depression

Anxiety

Fear
WHAT YOU CAN DO

▷ Begin a practice in Hatha Yoga
▷ Take time for deep breathing every day
▷ Engage in 30 min of activity where mind is single pointed and relaxed
▷ Laugh it off -- Don’t take things too seriously
WHAT WE CAN DO FOR OTHERS

Live in Yoga.

Spread your joy and happiness to all
OM SHANTI

Join:

▷ Hatha Yoga, Kids Yoga, Pranayama classes & more
▷ www.VedicYoga.org
▷ info@vedichealth.org