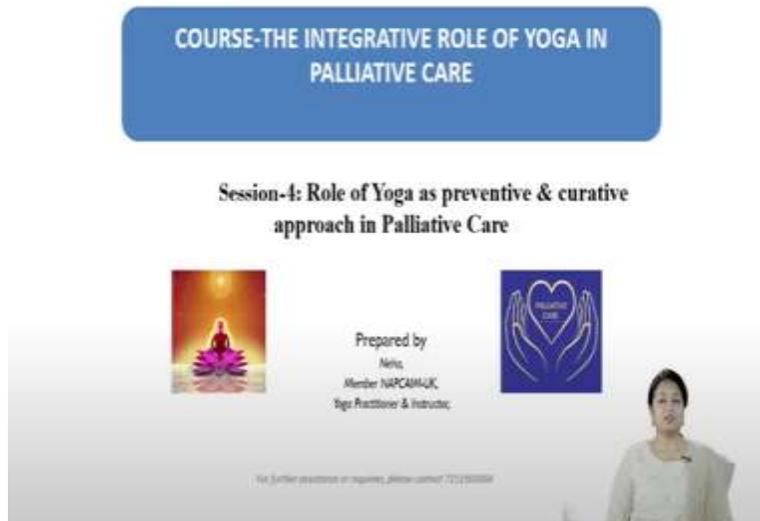


Certificate in Integrative Palliative Care – 3
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Week-03

Lecture 23: Role of Yoga as Preventive & Curative Approach in Palliative Care

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In this session, we will explore the practical applications of yoga, focusing on its dual role as both a preventive and curative measure. Yoga is not just a practice. It can be integrated into daily life as a lifestyle choice that helps prevent the onset of various diseases. By incorporating yoga into our daily routines, we can enhance our overall well-being, strengthen our immune systems and promote mental clarity, all of which contribute to a healthier life. In the event that a disease does occur, yoga offers easily applicable practices that can aid in treatment and recovery. These practices can be tailored to address specific conditions, providing relief and support throughout the healing process.

Additionally, for individuals facing terminal illnesses, yoga can offer curative solutions that focus on improving quality of life, reducing stress and fostering a sense of peace and

acceptance. Through this session, we will delve into specific yoga techniques, postures and mindfulness practices that can be utilized for both prevention and treatment, empowering you to take charge of your health holistically.

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Managing Physical, Mental, and Emotional Aspects through Yoga

Yoga offers a comprehensive approach to managing physical, mental, and emotional aspects, which can be particularly beneficial in the context of chronic conditions such as cancer. Here's how yoga can support well-being across these dimensions:

PHYSICAL ASPECTS

Pain Relief:

- **Yoga Practice:** Regular yoga practice can help manage pain by improving circulation, reducing muscle tension, and releasing endorphins, which are natural pain relievers.
- **Breathing Techniques:** Focused breathing, or pranayama, can help alleviate pain by relaxing the nervous system and reducing stress.
- **Yoga Nidra:** This practice of deep relaxation helps the body recover from pain and reduces the perception of discomfort.

Managing Fatigue:

- **Gentle Asanas:** Gentle poses like supported forward bends and restorative yoga can help combat fatigue and enhance energy levels.
- **Breath Awareness:** Techniques such as diaphragmatic breathing increase oxygen flow and improve energy levels.

Video inset: A woman in a white top speaking.

Yoga offers a comprehensive approach to manage physical, mental and emotional aspects, which can be particularly beneficial in the context of chronic conditions such as cancer. Let's talk about the first dimension, the physical aspect.

So how can yoga prove to be beneficial in maintaining the physical health? By regular practice, one can help manage pain by improving circulation, reducing muscle tension and releasing endorphins, which are natural pain relievers. Focused breathing or Pranayama can help alleviate pain by relaxing the nervous system and reducing stress. The practice of Yoga Nidra fosters deep relaxation which helps body recover from pain and reduces the perception of discomfort.

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By gentle poses, yoga can help managing fatigue very well. By practice of gentle poses like supported forward bends and restorative yoga can help combat fatigue and enhance energy levels.

Techniques such as diaphragmatic breathing increase oxygen flow and improves energy level, thus bringing a sense of awareness on the breath.

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The practice also helps combating with your digestive issues wherein poses like pawanmuktasana or wind relieving pose and trikonasana or triangle pose can stimulate

digestion and alleviate constipation and bloating. Along with it drinking water and consuming easily digestible foods can complement yoga practices in managing digestive issues very well. It also helps improving the sleep which is very crucial in maintaining the overall health. So evening practices of restorative yoga and yoga nidra specifically promotes restful sleep by calming down the nervous system.

And need not to mention that yoga practices also helps recovering post treatment. So yoga postures can be modified to suit the individual needs, helping in recovering from surgery or trauma and any treatments by gradually restoring mobility and strength.

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MENTAL ASPECTS

Stress Reduction:

- **Mindfulness and Meditation:** Mindfulness practices and meditation help calm the mind, reduce stress, and enhance mental clarity.
- **Breathing Exercises:** Techniques like alternate nostril breathing (Nadi Shodhana) can balance the nervous system and alleviate stress.

Cognitive Function:

- **Meditation Practices:** Regular meditation can improve focus, memory, and cognitive function by fostering a state of mental clarity and calm.

Managing Side Effects:

- **Focus and Relaxation:** Yoga helps in managing the mental stress associated with side effects of treatment, such as anxiety, fatigue and depression.



So the mental health is also being very well taken care by the regular practice of yoga such as it helps reducing stress. So techniques like mindfulness practices and meditation helps calming down the mind, reducing stress and enhancing mental clarity. Techniques like alternate nostril breathing or Nadi Shodhana can help the nervous system and alleviate stress.

Meditation practices helps improving the cognitive functions such as focus, memory and fostering a state of mental clarity and calm. It also helps managing the side effects which must have been gained through trauma or post-surgery, so such as anxiety, fatigue and depression.

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EMOTIONAL ASPECTS

Emotional Stability:

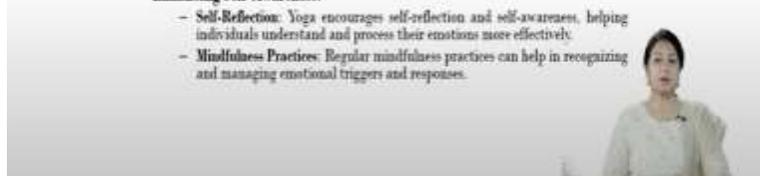
- **Yoga Philosophy:** The philosophical aspects of yoga, including the principles of acceptance and non-attachment, help in managing emotional responses.
- **Breathing and Meditation:** Practices that involve deep breathing and meditation can help regulate emotions and provide a sense of inner peace.

Building Resilience:

- **Mind-Body Connection:** Yoga fosters a stronger connection between mind and body, helping individuals build resilience against emotional challenges.
- **Supportive Community:** Participating in group yoga sessions can provide emotional support and a sense of belonging.

Enhancing Self-Awareness:

- **Self-Reflection:** Yoga encourages self-reflection and self-awareness, helping individuals understand and process their emotions more effectively.
- **Mindfulness Practices:** Regular mindfulness practices can help in recognizing and managing emotional triggers and responses.



Yoga practices also help managing the emotional aspect as it provides emotional stability. So the philosophical aspects of yoga including the principles of acceptance and non-attachments help in managing emotional responses. Practices that involve deep breathing and meditation can help regulate emotions and provide a sense of inner peace.

It also helps building resilience by providing a strong connection between mind and body, helping individuals build resilience against emotional challenges and participating in group yoga sessions also provide emotional support and a sense of belonging. Not only this, it also enhances self-awareness as yoga encourages self-reflection and self-awareness, helping the individuals understand and process their emotions more effectively. One can also gain mindfulness by doing regular practice of mindfulness techniques, which helps in recognizing and managing emotional triggers and responses. By integrating these practices, yoga can be a powerful tool in managing the physical, mental and emotional aspects of health, offering a holistic approach to well-being and supporting individuals through challenging times.

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Enhancing Physical Health through Yoga Interventions

Enhancing physical health through yoga interventions encompasses a variety of practices and techniques designed to support overall well-being. To achieve optimal health, it's important to adopt a holistic yoga lifestyle, which includes establishing a consistent daily routine and practicing asanas such as Sarva Namaskar and main asanas according to the disease. Regular practice of Ganesh Asana can further benefit brain health by strengthening cognitive functions.

Yogasanas provide holistic benefits that impact various body systems, enhancing overall health and well-being in the following way:

- Improve flexibility
- Increase strength
- Promote postural alignment
- Boost circulation and cardiovascular health
- Support joint health
- Aid in detoxification
- Enhance muscular endurance
- Promote relaxation and recovery
- Encourage body awareness
- Facilitate weight management

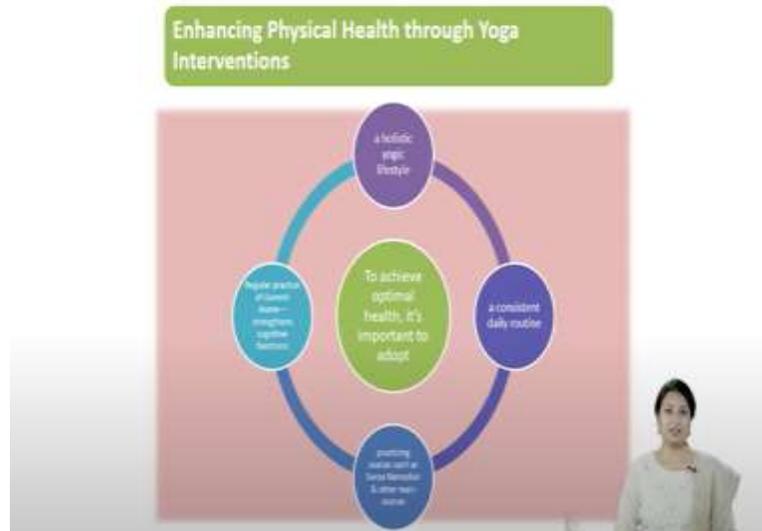
(A small video inset shows a woman in a white top speaking.)

Until now we have explored the theoretical aspects of yoga including its significance in palliative care, the various types of yoga, the impact of stress and the concept of Panchakosh.

We have also discussed how yoga helps maintain harmony between physical, mental and emotional aspects of health. Now, it's time to shift our focus to the practical applications of yoga for both preventive and palliative care. In this section of the ongoing module, we will delve into the practical elements of yoga and their role in enhancing physical, mental and emotional well-being. Expect to engage in numerous demonstrations of yoga postures suited for both preventive and palliative settings. Explore various pranayamas and learn how to integrate yamas and niyamas into daily life for the highest standards of living.

We'll also cover mudras, meditation techniques, yoga nidra and daily lifestyle routines.

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So let's explore the yoga interventions for enhancing the physical health. Enhancing physical health through yoga interventions encompasses a variety of practices and techniques designed to support overall well-being. To achieve optimal health, it's important to adopt a holistic yogic lifestyle which includes establishing a consistent daily routine and practicing asanas such as Surya Namaskar, Chandra Namaskar and the main asanas according to the ailment. Regular practice of Ganeshasana can further benefit brain health by strengthening cognitive functions.

Yogasanas provide holistic health benefits that impact various body systems, enhancing overall health and well-being in the following way.

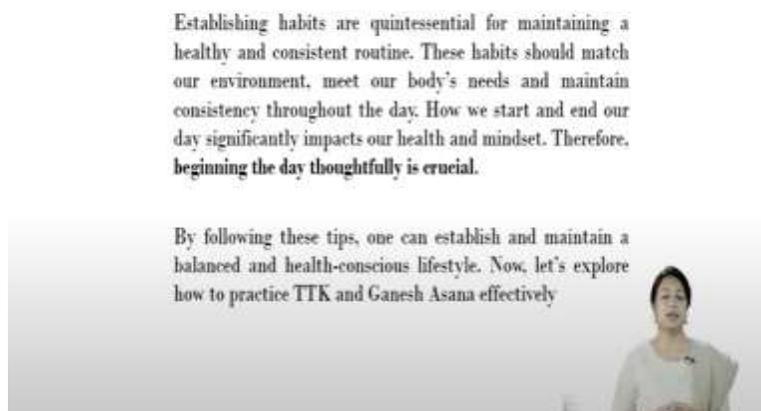
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It improves flexibility. It increases strength. It promotes postural alignment, helps in boosting circulation and cardiovascular health. It supports joint health.

It also aids in detoxification and enhances muscular endurance. Also, useful in promoting relaxation and recovery, encouraging body awareness and facilitating weight management.

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When discussing a healthy and consistent routine, we focus on establishing habits that align with our environment, meet our body's needs and maintain consistency throughout

the day. How we start and end our day significantly impacts our health and mindset. Therefore, beginning the day thoughtfully is crucial.

By following these tips, one can establish and maintain a balanced and health-conscious lifestyle. Now, let's explore how to practice TTK effectively and in the next session, we will take up Ganeshasana as well.

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Understanding TTK for a Healthier Life- A disease free approach to well-being

- TTK or Tadasana, Tiryak Tadasana & Kati chakrasana are a set of asanas which builds strength, flexibility, and mindfulness. Each pose offers unique benefits, contributing to a well-rounded practice that nurtures both the body and mind. Practicing these asanas regularly can lead to improved posture, enhanced physical awareness, and a deeper connection to oneself.
- Incorporating TTK into your daily routine, particularly after waking up and drinking 2-3 glasses of lukewarm water, can have profound health benefits. This simple practice can significantly contribute to preventing various diseases, some of which can be life-threatening. A regular TTK practice can save you money that would otherwise be spent on medical treatments and healthcare costs.

Video inset: A woman in a light-colored top speaking.

Let's understand TTK first and then we'll go directly into the practical session. TTK as the name suggests stands for Tadasana, Tiryak Tadasana and Katichakrasana. These are the set of asanas which create a harmonious sequence that builds strength, flexibility and mindfulness.

Each pose offers unique benefits contributing to a well-rounded practice that nurtures both the body and mind. Practicing these asanas regularly can lead to improved posture, enhanced physical awareness and a deeper connection to oneself. Incorporating TTK into your daily life, particularly after waking up and drinking 2-3 glasses of lukewarm water, can have profound health benefits. This simple practice can significantly contribute to preventing various diseases, some of which can be life-threatening as well. Additionally, a regular TTK practice can save you money that would otherwise be spent on medical treatments and healthcare costs.

Let's see how to practice these set of asanas known as TTK. To practice Tadasana, stand with your feet together or shoulder width apart. Arms relaxed by your sides. Find your center and evenly distribute your weight on both feet. Slowly raise your arms overhead, interlock your fingers and rest your hands on top of your head.

Gently turn the palms upward, keeping the gaze fixed on a point slightly above eye level. Inhale as you stretch your arms, shoulders and chest upward, lifting your heels at the same time, balancing on your toes. Feel your entire body lengthen without shifting your weight. Hold your breath in this position for a few seconds. Exhale as you lower your heels and bring your hands back to the top of your head.

Raise the arms up, heels up, hold the breath, lower down the heel as you exhale. Practice a few more rounds with awareness on the breath and gaze.

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This asana enhances physical and mental balance, stretches the spine, alleviates spinal nerve congestion, promotes height growth by lengthening muscles and ligaments, and helps tone abdominal muscles.

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Demo of Tiryak Tadasana

Next is Tiryak Tadasana. For that, stand with your feet wider than shoulder width apart, fixing your gaze ahead, interlock your fingers and turn your palms outward.

Inhale and slowly raise your arms overhead, exhale and from the waist, bend to the right side, hold for a few seconds before returning to the center. Then repeat on the left side. This completes one round. Let's practice two more rounds.

Inhale, raise your arms. Exhale, bend to the side. Inhale, come to the center and exhale. Release the posture.

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Demo of Kati chakrasana



After Tiryak tadasana comes Kati Chakrasana or Faced Rotating Pose. Continue standing with feet shoulder width apart.

Gently raise your arms to shoulder level in front. Inhale there and as you exhale, twist the body to the right. Bring your left hand to your right shoulder and while wrapping your right arm around your back to grasp the left side of your waist. Look over your right shoulder as far as comfortable, keeping the neck relaxed. Then inhale and return to the starting position.

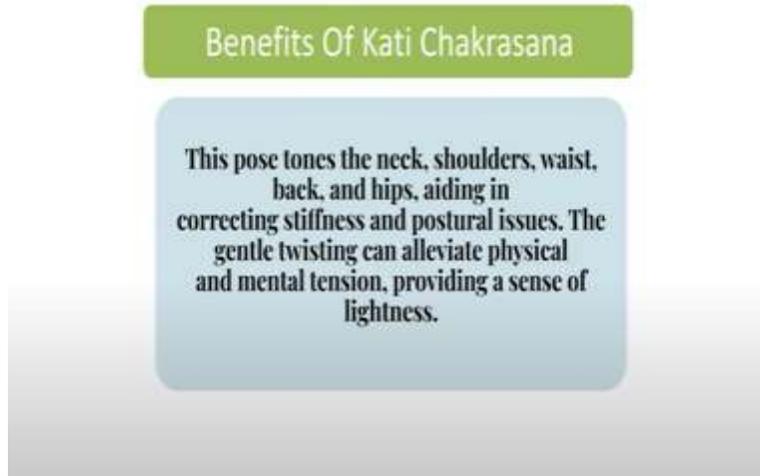
Repeat on the left side to complete one round. Continue practicing a few more rounds. Inhale to the center. Exhale and twist the body to the right side with positioning of hands. Hold, breathe in as you come to the center and exhale twist to the left side.

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One More Round

Practice one more round inhale to the center, exhale twist to the right, hold, inhale as you come to the center, exhale twist to the left side, Inhale, coming to the starting position.

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This pose tones the neck, shoulders, waist, back and hips, aiding in correcting stiffness and postural issues. The gentle twisting can alleviate physical and mental tension, providing a sense of lightness.

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Try practicing TTK every morning after you wake up for a few days, and you may notice improvements in your gut health. Many people find relief from constipation, enhanced digestion, and better metabolism as their large intestines function more optimally.

Embrace TTK as a proactive choice for your well-being and experience its rewarding benefits!

Try practicing TTK every morning after you wake up for a few days and you may notice improvements in your gut health. Many people find relief from constipation, enhanced digestion and better metabolism as their large intestines function more optimally.

Embrace TTK as a proactive choice for your well-being and experience its rewarding benefits. Thank you.