



Integrating Yoga into Rehabilitation: A Psycho Neuro Immunological Approach (PNI)

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Description:

Yoga as a Psycho-Neuro-Immunological (PNI) approach is a powerful intervention in medical science. This approach was implemented successfully in numerous physically and psychologically challenging cases.

In today's challenging and evolving healthcare environment 'Complementary and Alternative Medicine (CAM)' has become a driving force in the consumer-oriented market place. This presentation has been created with the intent to maintain the heart of Yoga as it is integrated into the Western healthcare model. A multimedia Presentation will be made citing evidence-based research where available.¹³

The yoga model of health includes all dimensions of the patient's human experience and traces back to the Taittiriya-Upanishad. This Eastern health model further elaborates that a human being exist and carries out its experiences simultaneously on five Layers or Koshas, namely Anna Maya Kosha, Mano Maya Kosha, Pran Maya Kosha, Vijnan Maya and Ananad Maya Kosha. They are Interlinked, Interdependent and Interpenetrating.¹²

The modern-day clinical translations of the Koshas are listed in Body, Mind and Spirit, a well understood and accepted terminology in Eastern and Western health care model.

The comprehensive Body, Mind and Spirit approach of Ashtang Yoga is the base of the present-day self-development and self-improvement theories that are permeating in the major world cultures in medical and commercial fields as well.

The term hatha is composed of two Sanskrit words, ha, which means sun, and tha, which means moon. The polarized nature of these two terms is a metaphor for the spectrum of reality that life presents to the human being.



In clinical rehabilitation, weaving the principles of yoga with Psycho-Neuro-Physiological terminology not only facilitates communication within the medical community, but also creates an internal subjective reconciliation for the therapist between the hemispheric dichotomies of linear and circular understanding.¹²

In the field of Complementary and Alternative Medicine (CAM), integrating evidence based complementary therapy research postulates faster recovery, efficacy in self care, improvement in quality of life, empowerment in self and environment and in chronic health conditions it states improvement in energy level, promotion of function in activities in daily living (ADL), cost effectiveness and demonstration of higher satisfaction level to manage quality of life.¹⁴

Practice guideline of rehabilitation branches of Physical medicine supports 'integration of evidenced based- complementary and alternative therapeutic interventions into practice consistent with the patient/client management model, education, and research including safety and client's culture.^{14,15}

National Medical study concludes that 'they find these (CAM) health care alternatives to be more congruent with their own values, beliefs, and philosophical orientations toward health and life.¹

Rehabilitation Therapies' theoretical frame of reference reveals how to achieve maximum human potential and mastery of roles modification in lifestyles.¹⁴

Yoga therapeutics enhance the above and promote mastery in physical, Mental, Emotional, Hormonal, Functional and Spiritual areas. As a result, homeostasis is achieved through a parasympathetic response in integration of all five koshas.

Hence the course objective will be to describe how yoga compliments a western practice beyond the familiar postural patterns and breathing techniques for immediate clinical application and how the yoga philosophy will be integrated in western medical terminology, with an emphasis on PNI.

This will bring us back to quantum or holistic Ancient Health belief from a western reductionist one.¹³

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