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Assessment Component 2

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Module name:	Complementary Therapies
Module Code:	BMHP5001
Topic:	Yoga
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Date:	05/01/2022
Word count:	2393

Introduction

Complementary therapy is administered together with conventional treatment. Sometimes, alternative treatments are classified under complementary therapy, but alternative treatments have been proven ineffective over time, while there are proofs that confirm the efficacy of some complementary therapy. Some complementary therapies have no scientific support for their use, which has made them unsafe to be administered to patients (National Cancer Institute, 2021).

Conventional medicines, unlike complementary medicines, were discovered after serious scientific research and evaluation. Both medicines can be used together, but it is important your doctor and complementary practitioner are aware of this. They must know all treatments, remedies, and medicines you take because misuse of treatment methods may lead to serious health conditions (Cancer Research UK, 2018).

It has been discovered that some complementary medicines have side effects and react with conventional medicines. Complementary medicines can cause serious allergic reactions, contaminations and might contain active ingredients that are hazardous to our health. Complementary medicine should not be administered when breastfeeding, pregnant, trying to get pregnant, and children. A professional health practitioner should be consulted before taking complementary therapy or medicine, (Cancer Research UK, 2018).

There are arguments against regulating complementary medicines, which stem from the belief that they are natural products and harmful. Complementary therapies have risks and can be harmful sometimes. Some of these risks include risk of interaction with conventional medicines, adverse reaction to aromatherapy oils, homoeopathic or herbal remedies, practitioners can sometimes exploit patients by violating sexual boundaries (NHS, 2021).

Even though there are well-trained therapists, regulations are still important to protect the interest of patients and ensure they are kept safe. Only statutory regulations can make certain that a therapist cannot practice after being struck off the register. Regulation of complementary therapy varies in different countries, and there are laid-down rules made to protect the interest of patients and not punish practitioners.

Complementary therapy and its classification

Complementary therapy can also be called complementary medicine, alternative therapy, traditional medicine, and holistic therapy. There is no perfect definition for complementary therapy because of the many treatments classified under it (NHS, 2021). Therefore,

complementary, and alternative medicine can be referred to as medical practices and products not classified as standard medical care. When conventional medicine is combined with complementary therapy that has been confirmed effective and safe, it is called integrative medicine.

There are several classifications of complementary medicine, and traditional alternative medicine is one of them. This is one of the commonest and most accepted forms of complementary therapy. It has been practised for centuries throughout the world. Traditional alternative medicine includes naturopathy, probiotics, Ayurveda, homoeopathy, Chinese or oriental medicine, and aromatherapy (NHS, 2021).

Another classification is mind-body therapy. In conventional medicine, the power of the mind is recognised and the connection it has with the body. When people are in good mental and emotional condition, they heal faster. Some therapies that connect the mind and body are meditation, biofeedback, acupuncture, hypnosis, yoga, tai chi, imagery, creative outlets, reflexology, massage, chiropractic, and osteopathic therapy.

Biofield therapy is sometimes called energy medicine, and it is based on the belief that the human body contains energy fields that can be used for wellness and healing. Bio-field therapists employ pressure or move the body by placing their hands in or through the energy fields.

Other forms of complementary therapy include reiki, therapeutic touch, senses, diet and herbs, massage, and yoga.

History of Yoga

Yoga has been in practice for centuries (Basavaraddi, 2015). It focuses on flexibility, breathing and strength to improve mental wellbeing. The practice comprises spiritual, mental, and physical practices, often led by an instructor and the disciples. The practice originated in India 5,000 years ago, and it is being incorporated in other countries (Feuerstein, 2006).

Yoga was first mentioned in Rig Veda, an ancient sacred text written in Sanskrit (Nayak and Shankar, 2004). The Vedas are the earlier sacred texts which were first put down in Sanskrit. The Rig Vedas is known as the oldest of all the Vedas and it contains thousands of hymns and mantras, written in ten chapters known as mandalas used by the Vedic priests (Joshi, 1965). Rishis (sages) refined and developed Yoga by documenting their practices and beliefs in the Upanishads; a huge work encompassing more than 200 scriptures.

In Hinduism, Yoga is one of the six schools of philosophy; it is again a major part of Hinduism and its numerous meditation practices. Shri Yogendra Museum of classical Yoga is the first

school devoted to Yoga practices (Newcombe, 2017). The language used in Yoga is Sanskrit which is the origin of many Indian languages, and it is one of the oldest languages in the world.

Purpose, uses, and principles of Yoga

Swami Vishnudevananda, a Yoga disciple who Swami Sivananda Saraswati mentored, documented the aged wisdom of Yoga into five fundamental principles that a global and diverse audience can better understand (Allman, 2020).

The basic rules of Yoga are Proper Diet (Vegetarian), Positive Thinking and meditation (Vedānta and Dhyāna), Proper Exercise (Āsana), Proper Relaxation (Savāsana), Proper Breathing (Prānāyāma) (Vishnudevananda, 1988).

Yoga is not only an alternative to exercise but a relaxation technique that helps to reduce physiological and psychological stress responses. Yoga facilitates slow deep breathing to relax the body and mind; it also increases oxygenation (pranayama). It is a mind-body intervention that can treat short and choppy breaths, which are symptoms of anxiety.

Yoga calms the nervous system, and it helps to balance the spirit, mind, and body (Riley, 2004). Practitioners believe that it prevents disease and maladies by keeping the energy of life (Prana) flowing and the energy meridians open.

Yoga has been used many times to reduce stress, blood pressure and to improve concentration, flexibility, sleep, and digestion (Riley, 2004). Traditional medicine acknowledges the healing capability of nature.

Yoga and Traditional medicine are founded on various treatments like Acupuncture, acupressure, fasting therapy, diet and nutrition, yoga and meditation, mud therapy, hydrotherapy, chiropractic and Osteopathy, exercise, counselling, manipulation therapy, and lots more (Joshi, 1965).

Some of the health conditions that are treated with traditional medicine can also be treated with Yoga. Few of these conditions are asthma (allergic & bronchial), cervical spondylosis, allergic skin diseases, constipation, gout, hypertension, hyperacidity, flatulence, leucorrhoea, obesity, osteoarthritis, psoriasis, sciatica, psycho-somatic disorders, rheumatoid arthritis, anxiety, neurosis, hemiplegia, hypotension, gastritis, peptic ulcer. (Riley, 2004).

How Yoga compares to more traditional treatments

When you begin Yoga, many postures will be the foundation of your practices. If you yearn to reap the advantages of Yoga (which are improved muscle strength, increased blood flow,

flexibility, happiness, and protection of the spine), you must learn and practice these postures. There are 19 distinct languages of Yoga and 66 fundamental postures (Singleton, 2010).

Mantras are very important in Yoga; they are repetitive sounds used in penetrating the profundities of the unconscious mind and to modify the vibration of your entire being (Vishnudevananda, 1988). During Yoga, a disciple can chant mantras aloud, listen to or delve upon them. Mantras are chanted in Sanskrit. Mantra is a Sanskrit word derived from 'man' meaning 'to think' and tra (from trai), which means 'to preserve or free from captivity or to free from the mind.'

The earliest mantras were assembled in Vedic Sanskrit and are over 3,000 years old (Feuerstein, 2006). Mantras are used in various Jainism, Buddhism, Hinduism, and Sikhism. They are of numerous forms, melodic and with mathematically structured meters. 'Aum' and 'Om' sounds are the fundamental elements of mantras. Mantras are melodic phrases conveying deep spiritual connotations. Some mantras hold no literary significances, but they have spiritual interpretations. These spiritual meanings vary; humans could search for immortality, light, peace, love, reality, and truth.

Swami Vivekananda described Yoga as the science of the mind, and he transcribed Sanskrit Yogic texts into English (Prabhananda, 2003). Shri Yogendra was the first to domesticate Hatha Yoga (Rosen, 2012). He worked with doctors to seek Scientific proof for the health benefits of Yoga.

Risks, side-effects, and contradictions of Yoga

Most Yoga is mild and poses no risk when a good instructor monitors the practice. It is not common to get injured when practising yoga; what happens mostly are sprains and strains (Cramer et al., 2018). A pregnant person or one with a medical condition such as glaucoma, sciatica, bone loss and the likes should consult a medical professional before beginning Yoga (Cramer et al., 2018). It might be necessary for some people to modify or not take up some poses that could be risky because of their health conditions.

Starters should avoid difficult poses and techniques like headstand, forceful breathing, and lotus pose. Patients, however, should be careful not to replace conventional treatment with Yoga or not see a medical practitioner when pain or other medical conditions are noticed. Some Yoga poses require extra patience and precision; this can lead to injury if care is not taken (Cramer et al., 2018).

Yoga practices that were associated with adverse risks are hand, head, and shoulder stand. Practising Viniyoga is associated with higher risk if practised without the supervision of an expert. Yoga can lead to complications with glaucoma, a disorder in which stress behind the

eyeball result to loss of eyesight. Yoga positions like headstands shoulders and increased pressure high ocular pressure could cause complications (Swain and McGwin, 2016).

Inversion poses and forceful breathing can lead to high blood pressure; therefore, hypertensive people should not try precocious Yoga practices like a breath of fire. Forceful folds can aggravate vulnerable disks in the back, especially those in the lumbar spine. It is important to note that while under the influence of psychoactive drugs Yoga should not be practised. Soreness and pain, fatigue and muscle injury are the three most common side effects of Yoga (Swain and McGwin, 2016).

Extreme hand and neck rotation can damage vertebral arteries leading to swelling and clots that increase the possibility of getting a stroke. Yoga positions characterised by quick movements and extensive extension of the neck and vertebrae can cause brain injuries (Cramer et al., 2018).

An evaluation of the statutory self-regulation system and voluntary self-regulation system

Over the past two decades, complementary and alternative therapies have been used in different parts of the world, but many therapists in the United Kingdom are unregulated.

In a report on alternative and complementary medicine, The House of Lords Selected Committee on Science and Technology suggested that to satisfy the best interest of the public, practitioners with more than one regulatory body should endeavour to bring their various bodies together to develop a precise professional structure (Mills, 2001).

In the United Kingdom, it is legal for practitioners to establish health care centres if they do not claim to be registered professionals and do not practice protected professions such as medicine, midwifery, veterinary medicine, or supply medicine limited to prescription.

In some European Union countries, things are different; only a few healthcare practitioners can practice without being registered. Naturopaths, herbalists, osteopathic and acupuncturists in the United States have been prosecuted for practising without the state’s authorisation (Mills, 2001).

The natural tendency for self-enhancement of professional status has steered most practitioners to consent to organisations overtly raising standards. As a result of the variation of the therapies, each practice should set up its own regulatory body, although these bodies can be combined later.

Ethical considerations

There are eight code principles under the Yoga code of conduct that members must follow (Corner, 2009). The conduct made it important for teachers and students to adhere to all provincial, local, state, and federal laws guiding their location.

Members should ensure they follow the Yoga Alliance Scope of Practise (SOP), and before practices, they must attest to having read, understood, and agreed to follow the SOP. The SOP establishes a set of acceptable, recommended and prohibited practises that guide members while taking Yoga classes.

Members must also follow the Yoga Alliance Anti-Harassment Policy. For no reason should teachers harass trainees, employees, students, peers, other Teachers, Registered Yoga Schools (RYS™s), other Members, schools, studios, or members of the public, in person or through online activities, now unknown or known such as coercing, trolling, using hate speech, stalking, threatening, manipulating, reporting of false grievances, or otherwise harassing in any form or manner (Parker, 2008).

Members must adhere to the Yoga Alliance Sexual Misconduct Policy. They must not intelligently or intentionally cause sexual harm—physically, verbally, or otherwise—to employees, students, peers, trainees, members, teachers, or members of the public through any activity, comprising but not restricted to: actions proscribed by national, local, regional, state, and federal ordinances and regulations (Parker, 2008).

Recommendations

Patients should seek the advice of registered medical practitioners to know if it is safe to combine complementary and conventional medicine. For no reason should complementary medicine be replaced by prescribed medications.

Individuals who plan to register for Yoga classes should be sure they have no medical conditions that might worsen with advanced positions. Here are five basic kits you can buy if you plan to sign up for Yoga classes: Yoga bolster, Yoga mat, Yoga strap, Yoga block, Blanket etc.

Before registering for Yoga courses, it is necessary to read and understand the code of conduct and laws in your location. Yoga is about listening and getting more sensitive and aware. Listening as much as possible to your body and brain and erring on the side of caution when you attempt new poses is important.

The advantages of integrating a yoga practise into your life are many and profound, but it is also easy to harm yourself before you learn where your “edge” is.

Try to find a Yoga class that fits your schedule and needs and be consistent with it, but do not hesitate to navigate other classes if you feel prompted to do so. Always follow the instructions given by your teacher and enjoy the process.

Conclusion

Complementary medicines can react with over the counter and prescribed drugs. For instance, chamomile and ginkgo may heighten the risk of bleeding in individuals who take anticoagulant medicines such as warfarin and anti-inflammatory drugs such as aspirin.

Depending on complementary therapies, singles may impede a person's diagnosis and medical treatment. When there is a severe illness, such as cancer, delay can result in serious complications or death.

Doctors are required to educate their patients on complementary therapies. Nonetheless, the law and the medical profession are unspecific about how a medical doctor should understand complementary therapies.

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