
COMPLEMENTARY THERAPIES (BMHP5001_LON)

ASSIGNMENT 2

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1. Introduction

This report will critically evaluate the current guidance, regulations, and requirements for the provision of and access to complementary therapies in different healthcare settings and provide analysis of the importance of self-regulation in relation to meeting current legislative and policy requirements for the use of complementary therapies in healthcare. Therefore, the report will have the following section: introduction, Yoga therapy (history, uses, efficacy and contraindication), an evaluation of the statutory self-regulation system and the voluntary self-regulation system, ethical considerations, recommendation, conclusion, and references.

Complementary therapy is holistic medical approach which treating all aspect of physical and emotional wellbeing, rather than pacific illness. These approaches have backgrounds of traditional practices that employed before the advancement of Conventional medicine. However, some of complementary therapies, such as yoga, massage, and meditation, may be used alongside treatments recommended by conventional medicine (Mind, 2018).

In UK, many people self-referral to the complementary therapies because there is a limited access of the therapies in National Health Services (NHS). According to the National Institute for Health and Care Excellence (NICE) guidance, NHS recommended to use complementary therapy only on the manual therapy for lower back pain, reducing morning sickness (ginger and acupressure), and Alexander technique for Parkinson's disease (NHS, 2018).

In recent years, due to the World Health Organization (WHO) recommendations, many countries have established legislation and strengthened their policies on complementary practitioners within their health care systems. However, in UK many of complementary practitioners have been practising without qualification and appropriate training unlike to conventional medicine, and Osteopathy and Chiropractic, which enforced by laws, the practitioners are well qualified and abide by codes of practice (Marie Curie, 2021).

2. Yoga

Yoga is an ancient method of unifying the mind, spirit, and body by combining physical postures (asana), meditation (dhyana), and breathing control (pranayama). There are several of Yoga poses which differ in their intensity, duration, and emphasis (More, 2020)

2.1 History

Yoga practice originated in India around 5000 years ago within a subgroup of larger religious and spiritual traditions, such as Hindu and Buddhist, as a discipline to reduce suffering and disease, and promote enlightenment and spiritual harmony. The late 1800s yoga spread west, and in 1920s it has become predominant in the West as a route to better health and inner

peace where the traditional physical practice of yoga significantly changed, and Yogis treat yoga as exercise by introducing Hatha Yoga poses with Western gymnastics, wrestling, and other practices. Hence, many types of physical movement, Ashtanga Vinyasa and Iyengar, has been introducing at this period. Therefore, Yoga has been recommended as a main holistic health method with an estimated 300 million practitioners globally. (Kamradt, 2017).

2.2 Uses

Yoga involves physical and spiritual methods aimed to enhance self-awareness, such as meditation, posture work, breathing exercises, visualisation, and sounds. The most common types of yoga are Hatha, Raja, Jnana, Bhakti, and Karma. Therefore, it is recommended doing a few classes either in group or individually with a professional instructor prior doing it alone, because it could cause harm if poses performed incorrectly. Some yoga styles are intense and energetic; however, others are relaxing and meditative that almost anyone can do it, regardless of their age or fitness level (Mind, 2018). Due to the current modern lifestyle which increased stress, depression, anxiety, heart and respiratory diseases like asthma, Yoga can reduce symptoms of these problems. Therefore, due to these symptoms many people decided to use yoga because they do not like the treatment, such as psychiatric, medication or talking therapies, which Biomedicine has offered, or sometimes they need quicker help to manage their symptoms (Mind, 2018).

2.3 Efficacy

According to Katuri et al suggested that yoga can be an effective way of reducing and control stress by decreasing the discharge of stress hormone and promote relaxation (Katuri et al, 2016). Also, United State National Institute of Health research suggested that, through meditation, yoga can reduce stress-related symptoms over prescription drugs, the research added that regular yogic were found having lower levels of the stress hormone in their saliva (Kamradt, 2017). However, Shohani et al argued that despite of Yoga reduce stress but there is no evidence on how much it really prevents stress (Shohani et al, 2018).

Also, many people are practicing yoga to cope with feelings of anxiety. So, in several research, people who practicing yoga for couple of weeks was found reducing symptoms of anxiety by decreasing negative mood and fatigue and improve acute mood immediately after yoga class. As Shohani suggested that, in the duration of 12 weeks of Yoga intervention people can have more progress in a mood and reduces in anxiety compared to exercise such as walking (Shohani et al, 2018). Also, Link found that, practicing Yoga once a week for ten weeks can reduce symptoms of general anxiety disorder (GAD) as well as post-traumatic stress disorder (PTSD) symptoms (Link, 2017). However, Duan-Porter et al suggested that Yoga can enhance short-term depressive and anxiety symptoms, however there is inadequate evidence

for reducing GAD, PTSD, and panic disorder (PD), and they concluded that Yoga as rather be supportive treatment with cognitive behaviour therapy, and other antianxiety medications on reducing anxiety (Duan-Porter et al, 2016).

Moreover, yoga can decrease symptoms of depression. One of the study of participants in an alcohol dependence program who practice rhythmic breathing (Sudarshan Kriya), after two weeks of practice, they had fewer symptoms of depression (Link, 2017). According to Davis et al yoga intervention in pregnant women may be useful in partially reducing depressive symptoms, but results can differ depend on the style of yoga. (Davis et al, 2015). However, Cramer suggested that prenatal depression has risk factor for postnatal depression, so Yoga was less effective to deal with major depressive disorder like this that can be handle by electroconvulsive therapy (Cramer, 2017)

Additionally, Asthma is link with the breathing problem, once the air blocks the nasal it may cause excessive production of mucus. So, through regular practice of Pranayama yoga providing oxygen supply to the affected organs which can help to control and ease the symptoms and pain led by coughing or wheezing. (Sharma, 2020). However, some researchers found minimal evidence that yoga can help. According to Yang et al, yoga cannot be suggested as a routine treatment of asthma, but it could supplement existing therapy because breathing exercises may have value as an supplementary therapy to medication (inhaled corticosteroids and beta-agonists), and other standard asthma treatments (Yang et al, 2016).

Furthermore, Yoga reduces the cost of using drugs. (Shohani et al, 2018). Asthma UK Centre in Applied Research has found that the UK health service has spent at least £1.1 billion each year for GP and nurse consultations, and hospital admission for asthma patients, while the result of the New Economics Foundation study suggested that NHS has a cost more than £71 million for people with stress, anxiety, and depression hospital admissions (Hailstone, 2018).

2.4 Contraindication

Yoga has spiritual, mental, and physical benefits for all gender and age group. However, it is not for everyone because if some poses have not been done properly, it can cause risk of injuries in the back, shoulders, and neck, which can damage muscles and herniated disks. Therefore, some asanas may not be suitable for a heart patient who diagnosed with a heart condition or experiencing pain in the heart while doing physical activities. Also, people with imbalance in the fluid in their ears are not recommended to Yoga because it can put their safety at risk and affect their stability (Alkhatib, 2018).

Moreover, people with spinal problem or have a hip, back, or knee fracture due to a fall are not recommended for Yoga because some asanas can worsen their pain and hurt aggressively. Additionally, people with unsteady blood pressure and sugar level are not recommended for Yoga because some of inversion poses, and forceful breathing can rise their blood pressure and cause complications. Last but not list asanas involving deep breathing and retaining can be dangerous to people with an infectious disease (Alkhatib, 2018).

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

Statutory self-regulation is where an organisation regulated by law, so it is illegal to do a statutorily regulated practitioner without being registered for that profession. voluntary self-regulation is where an organization not regulated by law, hence the practitioners become subjected to voluntary regulation. So, the regulation can be abided by any suitable organization within that professional setting, however it is not necessary to have membership for the professionals operating in that setting (National Association of Licensed Paralegals, 2019).

Therefore, the statutory self-regulation stem is very expensive which can limit user choice. So, it can cause the professional bodies to lose a lot of money if they do not have enough practitioner and resources to register (National UK Therapists Register, 2019). However, Statutory regulation could have positive impact to the user by giving them the confidence to consult practitioners who might not be consulted due to regulation, they can make responsible informed decisions about health care (British Complementary Medical Association, 2021).

In UK most of complementary therapist, including Yoga, are voluntary self-regulated system. So, yoga therapists are not requiring training or level of experience, so they have autonomy on their practices. However, only osteopathy and chiropractors are regulated by law, under the General Osteopathic Council (GOsC). General Council of chiropractors (GCC). So, osteopathy and chiropractors practitioners' practice under the requirement of these bodies. (NHS, 2018).

Also, Yoga therapy is voluntary self-regulatory system under the Complementary and Natural Healthcare Council (CNHC). So, the CNHC provides a freely register of Yoga therapists trained setting standards, requires practitioners maintaining a code of conduct, investigates complaints about law breaches, and can impose measures reflecting those of statutory healthcare watchdogs (CNHC, 2021).

Moreover, the British Council for Yoga Therapy (BCYT) which bring together yoga practitioners in therapy training organisations forum to set standards of UK teaching

instruction. Therefore, currently there are 15 yoga therapy training organization, so the practitioners have been training to the minimum requirements of a Core Curriculum which approved by all the member of organisations (CNHC, 2021).

Furthermore, the International Association of Yoga Therapists (IAYT) which provide the yoga practitioner training standard. However, in terms of the extra cost for the number of hours that practitioners need to spend in the training are differ from the UK approved standards, so it is too high for the therapist to pay (IAYT, 2016).

4 Ethical considerations

Due to the challenge from potential interactions in Yoga, informed consent is becoming a complex issue. Because Yoga teaching are not involved in touching people, thus teachers are trained to use voice instruction first, then if that does not help, they can finally touch with permission. However, not all teachers ask permission before touching a student, and some students are uncomfortable being touched, and are reluctant to speak up, because they do not understand if that inappropriate because yoga do not standardize by rule, instead they are going to trust what the teacher tells them and not what the rule say. According to Rosman, there are many complaints about unwanted touch arisen on some of the Yoga poses, and these complaints were cantered around heart chakra and the heart centre, compared to the other treatment which abide by law. (Rosman, 2019).

Also, Yoga is private medicine, whereby many people are self-referral to the services; thus, they pay themselves for Yoga classes. The accessibility of Yoga should be freely available to all socioeconomic classes. However, this is not possible because the healthcare funds are not enough to provide free access to everyone. So, this condition can cause bias within a system because the distribution of health funds, from governments and other funding bodies, based on existing evidence, and because there is no solid evidence on Yoga efficacy, there is a lower chance of for them to receive funding than those in orthodox medicine where solid evidence has already existed. So, this inequal of resource distribution within healthcare sector can breaches the ethical principle of justice (Sharp et al, 2018).

Moreover, Clinically Yoga practice based on uncertainty because there is insufficient evidence that better than harm is being done, and the user have insufficient to conduct reliable risk benefit analyses. So, there is more uncertain in Yoga than in conventional medicine. Therefore, if safety and efficacy of Yoga continuing to be unclear, the Yoga users could not get the benefit, hence this could violate the ethical principles of beneficence and non-maleficence, so it is important to determine efficacy and safety of Yoga (Stone, 2021)

Additionally, there is no specific qualifications for teach yoga in the UK, however the teachers need to be insured (NHS, 2018). Therefore, sometimes the teachers may have a teaching and accreditation certificates from a yoga association, but they are unaware of anatomy, pathology, and physiology, and other disciplines of orthodox treatment. Also, they may follow the perspectives which may cause inconsistency to the acceptance, principles, and concepts of the realities of orthodox treatment, that led them to have inadequate medical understanding of some risk factor for their service user (Stone, 2021).

5 Recommendations

Adequate and enough funds must be made available to finance the Yoga treatment as well as to finance the researcher to conduct the solid research for efficacy of Yoga and other complementary therapies.

Also, the government must consider the option of a single regulatory body to include all complementary therapies which can regulate practitioners from different disciplines.

Moreover, people before starting Yoga should contact their doctors and if their doctors approve for it, they should consult the Yoga teachers about their health condition which they can advise them the appropriate Yoga poses for their body.

6 Conclusion

Therefore, Yoga is a form of exercise which focuses meditation, poses, and breathing exercises aimed to promote relaxation and reduce stress. So, practicing yoga can both improve fitness, reduce respiratory problem, and boost mental health.

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