

Assessment Component 2

Academic Report

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Module name: Complementary Therapies

Module Code: BMHP5001

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Date: 05/01/2022

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INTRODUCTION

Complementary and alternative therapies are currently on the rise due to the amount of interest they have garnered in the medical field and their positive influence on the wellbeing of individuals. Complementary and alternative medicine is defined as an alternative procedure that is used to convey treatments to patients which are used in place of the western approach to healthcare and there is a growing body of research to support the implementation of the use of complementary therapies that are emerging (Lindquist et al., 2014). According to (Kienle et al., 2011), professionals are able to implement the treatments in diverse areas of medicine and cover dimensions of therapeutic professionalism, patient perspective and public demand, conceptuality and safety, effectiveness and costs, complementary and alternative therapy is gradually becoming more elaborate, transcending biophysical models and employing the principles of salutogenesis. The primary purpose of complementary and alternative medicine is to offer patients with a comprehensive and long-term cure or improvement, which can be accomplished by stimulating salutogenetic self-healing processes.

The complementary therapy that would be analyzed in this work is the Yoga therapy. The work would show the history, purposes and uses of the yoga therapy in order to highlight the impact on wellbeing of patients and compare their similarities and difference with conventional treatments.

YOGA

Yoga is seen as an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. According to (Sullivan, 2021), yoga which is comprised of different and various styles endeavors to combine physical postures, breathing techniques and meditation or relaxation in order to improve the physical and mental wellbeing of the individual. Yoga enables individuals that participate in the exercise to be able to exhibit positive attributes that are evident in their lifestyles because it gives them a positive outlook in life and different activities that they carry out.

PURPOSES

The purpose of yoga was pointed out by (Surrenda, 2012) to train the body and mind to self-observe and become aware of their own nature. Yoga was meant to cultivate discernment, awareness, self-regulation and higher consciousness. Also yoga was developed in order to provide a connection between the mind and the natural environment by providing a synergy that connects both and enables the individual to bloom. Yoga is meant to be a system of increasing awareness and decreasing disease and its purpose have been listed in the mainstream as a stress reduction tool, increased relaxation process and increment of flexibility.

- Improvement of physical health
- Development of mental health
- Enhancement of social health
- Improvement of spiritual health
- Self-realization or divine connection

HISTORY

Yoga was founded in the northern India over 5000 years ago and the word yoga was first mentioned in ancient sacred texts called the Rig Veda and some researchers still believed that yoga maybe up to 10000 years old. Due to innovation, practice, and progress, yoga's history has been separated into four distinct periods. Yoga is divided into four categories: pre-classical yoga, classical yoga, post-classical yoga, and modern yoga. Pre-classical yoga refers to the early stages of the therapy developed in Northern India by the Indus-Sarasvati civilization. During this time, the Brahmins and Rishis gradually refined and enhanced yoga, saving their practices and convictions in the Upanishads, a collection of over 200 ancient writings. The Classical yoga era was characterized by a plethora of contradictory and conflicting ideas, beliefs, and approaches. The classical period saw the first systematic exposition of yoga, which was defined by Patanjali, who divided the practice into eight limbed routes, each of which had its own set of steps and stages to achieve enlightenment. After a few centuries, post-classical yoga evolved from Patanjali yoga, a set of practices aimed at rejuvenating the body and extending life. Post-classical yoga spawned Tantra yoga, which used radical means to purify the body and mind in order to untangle the knots that bind us to our physical existence, resulting in the birth of Western yoga. The contemporary period was created by yoga gurus who brought the practice to the West in the late 1800s and early 1900s, and it truly began when Swami Vivekananda wowed the attendees of the 1893 Chicago Parliament of Religions. Yoga practice continued to develop and expand, especially after Indra Devi opened her yoga studio in Hollywood in 1947, which sparked the popularization of the practice by bringing in an influx of western and Indian teachers, allowing it to gain millions of followers.

USES AND EFFICACY

- Accomplishment of ideal equilibrium and harmony
- Promotes self-healing
- Takes out negative blocks from the mind and toxins from the body
- Increases personal power and self-awareness
- Helps individuals to focus and improves concentration levels
- Lessens stress and tension in the physical body
- Improve immunity to diseases and health defects that could affect the human body
- Ensures better flexibility and posture
- Increases the amount of oxygen in the human body for the purification of blood and also helps the proper circulation of the purified blood in all corners of our body.
- Yoga enables individuals to imbibe the spirit of self-awareness, confidence in their abilities and strengths, self-discipline and intrinsic motivation, self-acceptance and self-actualization in order to achieve maximum self-development and enhancement (Sarkar, 2018).

CONTRAINDICATIONS/RISKS

- Back injury
- Potential glaucoma complications
- Increased blood pressure
- Muscle strain
- Exhaustion
- Possible stagnation and boredom
- Overheating and dehydration

COMPARISON TO TRADITIONAL TREATMENTS

Yoga therapy has more benefits when compared to traditional forms of exercises because exercises are mainly to build strengths and muscles which could be ineffectual in the body and mind. But the yoga is known for the impact it exerts on the mind and spirit because it enables the individual to be flexible and it keeps the body energized. Exercises cause the individuals who partake to experience shortness and unregulated breathing after the practice and this could be troublesome for individuals with respiratory problems but this is not the same for yoga in which the practice causes harmonized breathing patterns for the individuals. This sustained and harmonized breathing pattern from the yoga therapy is beneficial because it enables better blood flow to different parts of the body and improves the immune system.

POTENTIAL ENHANCEMENT

Yoga therapy could be applied to treatment of cancer because the growth of tumors and other cancer indicators are caused by stress; therefore it is important that medical professionals and patients implement yoga practice in their treatment because it is the best form of therapy that reduces stress and provide relaxation. Yoga, according to study, helps people improve their fitness and reduce weariness by altering both mental and physical energy, which implies that those who practice it can minimize the stress they feel from life-threatening conditions (Woodyard, 2011). Yoga may be an alternative to medication treatment for insomnia because it promotes relaxation and regular breathing patterns, which allow the brain to reach a state of relaxation and so induce sleep.

CONCLUSION

Yoga therapy is a beneficial form of complementary therapy that produces positive impact on the health of individuals because it uses could be extended to people with life-threatening conditions. The practice does not just focus on the physical body but it ensures that the spiritual health of the individual is maintained and there is a balance between both. Proper application of the yoga therapy would be effective to treatment of different diseases and it would improve the lifestyle of individuals who imbue the practice.

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