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Contents

Introduction P3

The history of Yoga and Uses P4

Efficacy of Yoga compared to traditional treatments P5

contraindications of yoga P6

Evaluation of the statutory self-regulation and voluntary self-regulation system P6

Ethical considerations P7

Recommendations and conclusion P7

References P8

Introduction

In this academic report, I will be exploring a complementary therapy of my choice, looking into details of the principles behind its current use, how it compares to more traditional treatments, and the effectiveness of the chosen therapy. Currently, we have a wide range of complementary therapies to choose from, I will investigate the therapy of Yoga. This report should critically evaluate the current guidance, regulations, and requirements. An analysis of the importance of self-regulation concerning meeting current legislative and policy requirements for the use of complementary therapies in healthcare will be researched. This report aims to show a Critical understanding of the principles behind the current use of complementary therapies and the role of Yoga in connection and comparisons to orthodox treatments. Additionally, evidence of efficacy in Yoga and how and if it does sustain as a health and wellbeing treatment will be looked into furthermore, the systems that regulate this therapy will also be evaluated.

Complementary and alternative medicines (CAMs) is the term used for treatments outside the usual orthodox treatment, there is not a universal definition of CAMs, however, complementary and alternative can be used as the same objective. Complementary treatments provided by the NHS are the very limited majority of the time the NHS will not offer such alternative methods. The National Institute for Health and Care Excellence does guide the NHS on certain effective therapies such as the Alexander technique, ginger and acupuncture, and manual therapy. If someone is looking for alternative treatments it is an individual duty to understand whether these treatments are safe and effective, you need to find feedback and evidence on your research. Complementary treatments and alternative medicines do not fall in the same category of independent scientific orthodox treatment. Certain individuals do believe CAMs works and have worked for them, but the NHS refers to this as the maybe due to the Placebo effect, explained by (National Health Service, 2021).

The history of Yoga and Uses

Yoga is known as a form of therapeutical exercise for the mind and body; however, it is also a great health and fitness regime. Yoga originated from India this practice is believed to have been around from the beginning of civilization. In India, they also have yoga to relate to their religious beliefs, from there travelled to other parts of the world, including Asia, the Middle East, Northern Africa, and South America (Yoga: Its Origin, History and Development, 2021)

Tracked back evidence shows that yoga has been around for over 5,000 years ago, saying that some researchers believe that yoga may be up to 10,000 years old, its long rich history can be divided into four main periods of innovation, practice, and development according to Mathews (2021).

Yoga can be looked at from two different angles one being a therapeutic form for the mind and the other to help treatments of health conditions. It is believed and with some evidence, it has been proven that practicing yoga regularly, can make you feel better throughout your body. Yoga gives a sense of physical and mental health benefits for people of all ages, if individuals have a certain illness such as recovering from surgery or maybe living with some sort of chronic conditions like blood pressure, yoga can become an integral part of your treatment and potentially fasten the healing process. In these circumstances a yoga therapist will put together a plan that works with your medical and surgical needs, this way, yoga can support the healing process and help the client experience symptoms with more centeredness and less distress. Yoga is said to improve, strengthen, balance the body as its procedures involve slow movements and deep breathing which increases the blood flow and warms up muscles, while you would be holding a pose which is supposed to build up your strengths. Yoga can benefit back pain relief as it eases pain down and improves mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain. Yoga is used for many other health benefits such as to ease arthritis symptoms, heart health as it may reduce stress and body-wide inflammation, co-factors contributing to heart disease, including high blood pressure and being overweight, can also be addressed. Yoga can help you relax and improve your sleep patterns; it can give more energy and brighter moods as it can make you feel like you have an increase in your mental and physical energy, it may boost your alertness and enthusiasm. The National Institutes of Health have found scientific evidence that shows yoga supports stress management, mental health, mindfulness, healthy eating, weight loss, and quality sleep. Yoga promotes self-care, scientific research on Yoga has proven benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain, and other specialties. The United States of America the military, the National Institutes of Health, and other large organizations are listening and adding scientific validation of yoga's value in health care mentioned on this website (Benefits of Yoga, 2021).

Efficacy of Yoga compared to traditional treatments

Mental health like depression, anxiety, stress, and insomnia are some of the most common reasons for clients to seek yoga therapy there has been evidence to prove that the Consistent of yoga practice may improve depression many patients turn to complementary therapies because the effects of medication, lack of response or because that's what they prefer. Yoga improves one's flexibility with continued practice comes the loosening of the muscles and connective tissues surrounding the bones and joints; this may be the reason for healing of aches and pains it is also known to prevent conditions such as arthritis and chronic pain. Practicing yoga increases blood flow, levels of haemoglobin (HB), and red blood cells which makes more oxygen reach the body and enhancing its functions, it also thins the blood which can minimise the risk of heart attack, stroke, due to its connection to blood clots. Yoga is not a cure for any major disease such as cancer or a definitive way of preventing any disease however, yoga can increase physical, emotional, and spiritual wellness, and can bring levels of peace in the mind which many patients desire. Evidence has shown that stress is related to heart disease, cancer, stroke, and other chronic conditions and diseases therefore stress needs to be managed and handled with beneficial methods such as yoga which can reduce the chance of getting these diseases. The scientific research study on yoga has increased in the last few years and a lot of clinical trials have been designed to assess its therapeutic effects and benefits according to Woodyard (2021).

According to (The research-backed benefits of yoga, 2021) a lot of people use yoga therapy with conventional medical treatments to improve their wellbeing, evidence has suggested that yoga may improve the quality of wellness in individuals suffering conditions such as Prostate cancer research has shown attending classes for twice a week can reduce the feelings of tiredness and can improve sexual and urine functions. Patients who may have suffered from a stroke, Rheumatoid arthritis can all benefit from yoga.

The NHS has also mentioned that most studies have proven to that yoga is a safe and an effective way to increase physical activity, strength, flexibility, and balance however, some evidence show by doing regular yoga people with high blood pressure, heart disease, aches, and pains, depression and stress can benefit and improve their health according to (National Health Service, 2021)

According to (National Health Service,2021) alone in England yoga can help patients of a number estimated around 15.4 million as these are some figures of patients who have long-term chronic conditions, and the NHS uses a significant proportion of health care services that provides the orthodox treatment to these patients. It can save the NHS on 50% of all GP appointments, 70% of days spent in hospital beds, 70% of hospital and primary care budgets in England are used on are treatments for chronicle disease. Researchers have found that the effect of yoga on these conditions, reducing and sometimes even curing an array of chronic complaints. Most findings include genuine physiological effects like lowering blood pressure in hypertension, reducing resting glucose levels in diabetes and increasing certain neurochemicals, which are triggered by anti-depressant and anti-anxiety medication, it is clearer now that yoga is incredibly beneficial for our health. The NHS is facing challenges from growing numbers of chronic illnesses, a lack of funding, and an overstretched workforce, yoga in the NHS can provide a non-invasive, cost-effective, easy-to-use solution that can help these important issues. Over recent years, scientific research has started to identify yoga as a form of treatment and that it can help reduce the economic cost of treating a variety of conditions. In the year 2017, 151 NHS employees in England were on an 8-week yoga workplace program to evaluate staff absence because of musculoskeletal conditions in that period of 6 months. The NHS staff participating in the yoga program missed two days of work due to musculoskeletal conditions, compared with 43 days from the control group. The study highlights that yoga can improve the quality of life for NHS staff and provides cost savings to their employers. Similar studies have examined the impact of yoga on lower back pain, and it showed how mind-body interventions can reduce visits throughout the healthcare system.

Contraindications of yoga

Like all health organisations, yoga practitioners should follow basic hygiene standards that meet clients' needs, it should be a non-smoking area, hand gel should be available, area of performance should be clean, etc. Some of the contraindications are

- Children below the age of five should not be taught or forced to practice yoga.
- Consumption of alcohol or use drugs during yoga is not acceptable.
- If pregnant certain poses can only be performed after consulting, your doctor and practitioner and coming to an agreement of risks that may accrue.
- Wait for at least 2 to 3 hours after eating heavy meals to practice yoga is recommended.

If you have a fever, feeling weak, are ill, or had any form of surgery refrain from Yoga practice. It is also recommended not to practice yoga if you are suffering from fresh sprains, strains, or fractures, only after recovering fully, and ensure to consult your doctor before you start your yoga practice (The yoga Institute, 2020).

Evaluation of the statutory self-regulation and voluntary self-regulation system

The Federation of Holistic Therapists allows self-regulations of Yoga practitioners to be registered with them. This was established in 1962 and is approved as an Accredited Register by the Professional Standards of Authority however you can teach yoga without certification,

Yoga training organisations covering the curriculum are expected to produce competent, safe, effective yoga therapists who are aware of the limitations of this therapy. These organisations can apply for qualifications to be approved by the BCYT so that their graduates may apply for direct entry to the Complementary and Natural Healthcare Council's (CNHC) and register as a Yoga Therapist according to the (Federation of Holistic Therapists Directory Service, 2021).

Teaching yoga does not need you to be certified or registered, However, the yoga industry has trade and professional organizations for yoga teachers, such as the Yoga Alliance, that provide accreditations and registrations but all that is optional (What Do I Need to Teach Yoga, 2021). Looking at this information it is best when going for yoga to do your research especially if you were to use it as a complementary therapy to help or support your wellbeing. Some companies may be doing it as a form of money-making business and not understanding the health needs of their clients, this can lead to more medical problems along with financial loss. If companies or the practitioner is registered and any accidents were to happen or any problems were to occur, you will be able to take legal actions and the procedure will be a lot easier than with unregistered companies or practitioners.

Ethical considerations

Yoga teachers have a responsibility just like other practitioners to uphold moral and ethical codes. It is their responsibility to apply moral and ethical codes when participating or teaching sessions or promoting business. Disclosures should be made that yoga cannot heal or cure any diseases but provide certain support according to Webster (2021).

As yoga treatment or sessions are not free nor do the NHS do referrals, practitioners should be considerate of pricing their sessions. Clients confidentiality should not be breached, tampered, or shared without clients permission.

Recommendations and conclusion

When looking for alternative treatments, like yoga it is best to discuss first with your general practitioner (GP) as they can advise you the best support for your health conditions, alongside with recommendations that must be considered such as your safety especially if you might be in the contradictory section. Understanding the risks that come with complementary therapy such as is the practitioner registered with legal establishments because you do not have to register to be a yoga teacher. As orthodox treatment has the ability to heal patients with physical diseases and alleviate psychological disorders, it can however be argued that a purely medical approach may be less effective in healing the emotional, intellectual, and personality layers of the human entity. Whereas yoga can offer individuals a timeless and holistic model of health and healing although it may not result in the complete cure or complete treatment individuals live better when they suffer less according to Woodyard (2021).

Having reported all this information, it is advised never to replace a doctor-recommended medical treatment with complementary or alternative therapies specified at this website (The research-backed benefits of yoga, 2021).

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