

IS YOGA ENOUGH???

“Yoga” Literarily means union. It’s a union of body, mind and soul. This feeling will be obtained only if your body and mind are in sound position. There are multiple ‘Yoga Classes’ seen now-a-days and Yoga seems to have picked up a lot of attention in last few years but upon carefully looking at these centers, some of the following issues are noticed clearly.

- 1) **Lack of or none assessment:** When clients come to such centers, quite a lot of them have some sort of pain, stiffness, faulty posture or movement disorder. The client often seeks relief from such issues and thus has turned to Yoga as a reliable method of doing exercises. Such complaints are to be given proper attention and a thorough assessment is required after which appropriate Aasanas to be prescribed. Not all Yogasanas do well to all of us. One may need to more stability and other, strength! It’s a recommended to get a proper evaluation/assessment done and then continue with the exercises. A very good example some of the vertigo patient may have giddiness in a particular neck position. An untrained yoga instructor may simply advise you to avoid turning your neck in that position but if we do a proper assessment of your vertigo, we can find relevant exercises which will make the neck movements free of any giddiness.
- 2) **Ensuring Stability:** Any serious sustainable exercise program needs stable joints and spine structure. This is achieved by some easy strengthening exercises. We need to get such stability first otherwise unwarranted stress upon the tendons,ligaments, joint capsules may cause injuries such as strain, sprain etc. Is this been ensured?
- 3) **The compulsion:** Some of the trainers have a compulsion about the way certain Aasanas are to be done no matter what. If lack of flexibility is the only issue, we may have some room to push the client to achieve that particular position but most of the time the given Aasan can be easily modified to achieve desired effect (only of course if the purpose of doing these Aasanas have been established, which is not in most cases).

Yoga and Yoga-Therapy!

One must be careful when using principles of Yoga to relieve from pain or to improve mobility (i.e. using them as therapy). Two patients of similar complaints may not get benefit from same Yoga poses or same intensity. The symptoms may arise from different sources and may require exactly opposite set of Aasanas. Detailed history taking, finding out patient’s exercise tolerance and the root cause of the pain needs to be sorted. Registered Physiotherapist who are trained in India have basic knowledge of Yoga Poses and they can guide you into the same with a clinical perspective.

What are the things to remember before you start Yoga?

Get a proper assessment done. Express your personal goals you want to achieve or the purpose for which you want to start Yoga. You may have to undergo certain tests to establish baseline. Do your Aasanas as much as you can tolerate. Hold each pose at least for 5 counts for maximum benefits. Do not hold your breath while doing the Aasanas. Understand the difference between good pain and bad pain (listen to your own body if it hurts). IF it feels better after the session, you have done it right, if it keeps hurting even after the session, you are doing something wrong! Last one, have patience. Yoga doesn’t yield instant results.

Dr. Himanshu Jain (PT)

TEAM Physiotherapy Services Pvt Ltd

