



**CME on  
Therapeutic Life style  
Changes for  
Management of  
Chronic Health Problems**

(Supported by MCI)





## Therapeutic Lifestyle Changes for Management of Chronic Health Problems

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### Abstract :

Modern pace of life leaves little or no time to relax. Stress accumulates which lead to mental and physical disorders, including heart attacks, stomach ulcers, arthritis and even cancer, and many more.

Yoga, meditation and Pranayam (P) are well known methods to eliminate stress. Recently, Sudarshan Kriya (SK) has been introduced by H.H. Sri Sri Ravi Shankar. This is a rhythmic breathing process where 3 rhythms of breath are followed in a cyclic fashion. SK is preceded by Pranayam. To learn these processes one needs to undergo a 24 hour program called as Art of Living (AOL) spread over 6 days.

Studies carried out on SK & P reveal changes in electroencephalogram (EEG). Also one achieves optimum state of cognitive functions.

Resting EEG revealed increased beta wave activity consistent with alertness. During SK & P, alpha wave activity also increased consistent with relaxation. Thus a state of relaxed alertness could be achieved (1). Relaxation effect of SK & P was further confirmed on police trainees by the demonstration of fall in blood lactate. Antioxidant enzymes increased within 5 months of practice of SK & P (2). Increase in natural killer (NK) cells was demonstrable both in normal individuals and those suffering from cancer (3). Blood cholesterol decreased within 45 days of SK & P practices.



Dr. Patricia Gerbarg from New York states that yoga may have effect on a complex network of neurophysiologic and molecular events that, when properly orchestrated enhance neural plasticity (the basis of how we learn to change) and lead to lasting improvements in how we think and feel. SK & P have also been demonstrated to balance emotions and increase positive effect. SK & P also allow an efficient process of inhibition of irrelevant information and maintenance of focused internalized attention (4,5).

Studies have revealed that SK & P lower anxiety and stress. Degree of optimism increases (6,7). This effect has been seen in general public as also among corporate employees and physicians.

In patients of depression SK & P has been found to have decreased the severity of depression leading to a reduction in dose and thereby reduction in side effects of the medicines (8,9,10).

Post traumatic stress disorders (PTSD) and depression could be treated effectively with the help of SK & P, even when other methods failed.

Patients with cancer experienced better quality of life, fewer side effects to chemotherapy and better immune status when they practiced SK & P on a regular basis.

It was easier for individuals to give up addictions to tobacco, alcohol and drugs when they practiced SK & P. Antioxidant defence improved and there were positive changes even at the level of gene expression among those practicing SK & P. There is a suggestion that SK & P may delay senescence and may prevent or delay the onset of cancer.

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