

'ORGAN'IC YOGA YOGA TEACHERS' MANUAL



KAPILA MAHARSHI RESEARCH FOR RESOURCES

HYDERABAD.



'ORGAN'IC YOGA (Phase-I) YOGA TEACHER'S MANUAL

Project Director :
Sri J. SANJEEVA RAO

Designed & Developed by :
Dr.C.V.RAO,
KMRR YOGA RESEARCH UNIT

Second Edition : NOVEMBER 2010.

© **Kapila Maharshi Research for Resources**
All rights reserved. No part of this publication
may be reproduced, transmitted or stored in a retrieval system,
from Kapila Maharshi Research for Resources Trust.

Cover : **MAAYABAZAR ARTS**

Published by :
Kapila Maharshi Research for Resources
D.No. 8-3-1060/B2, II Floor,
Post Office Building, Srinagar Colony,
Hyderabad - 500 073.
Phone : 040-23747607, Cell : 98499 77607
www.kapilayoga.org
e-mail : kapila_yoga@yahoo.com
: kmrryogas2036@gmail.com



FOREWORD

Yoga was born in India, but it was threatened with extinction by modern beliefs and life styles. Yoga has almost faded into oblivion in our home country. But emerging incurable new age diseases like diabetes, hypertension, obesity and psycho-social stress, have brought a sea change in our thought process to evolve newer strategies to counter these diseases. People in India and abroad are now increasingly looking for answers in old and time-tested life practices for gaining newer ideas in health and life management. Thus Yoga is rising from oblivion to forefront everywhere.

Pestering diseases of this century and their repercussions have pushed Yoga out from the shadows. Abroad, people are more aware of Yoga and its uses when compared to we, Indians. India is now awakening to the good results of Yoga. In day to day life, Yoga is being spoken about, ubiquitously!

Yoga is done on a daily and regular basis! You can't expect to improve your health within a stipulated time. Patience is also required to reap the benefits of Yoga. While benefits related to health may take longer time to become obvious, instant results of Yoga are supple and flexible joints. Yoga generally invokes a feeling of well being in the person practicing it.

This book is an attempt to give the reader the need for, uses of and benefits of Yoga, This book attempts to revive the interest of younger people by conceptualizing Yoga in a different perspective Organic without changing the essence and principles of Yoga preached in our country for millennia. Organic Yoga helps to improve functioning of the affected organ. A healthy body requires good medical care and organic Yoga to stay so; they compliment each other.

Meditation practiced along with '*Organ*'ic Yoga enhances its effect but, there is a misconception among people that Yoga cures diseases. But this is far from the truth. Yoga can't substitute medications and yogic therapists can't replace doctors!

'*ORGAN*'IC YOGA helps to revive and maintain good functioning of body organs; while doctors can treat diseases in organs. The doctor and Yogic therapist complement each other. Their close functioning is essential for the patient's well being. Yoga helps in speedy recovery of the devitalized organ and maintains a balance between the external and internal milieu of the body.

I sincerely appreciate the new concept of Dr.C.V.Rao and KMRR authors and supporters who helped in bringing out this book in print, for rendering a worthy service to the people. This book provides an insight into the benefits of '*Organ*'ic Yoga. Read it to know it; and practice it to experience the calm and peace of body and mind. Start yoga better late than never!

Dr. P.V. Rao

Dr. B. Nitya Reddy

Nizam's Institute of Medical Sciences University, Hyderabad.



'ORGAN'IC YOGA VOLUME-I
ACKNOWLEDGEMENTS

CONCEPT & YOGA THERAPY : DR. C.V.RAO [Chukkapalli Venkat rao]

NOV-2010.

KMRR
Hyderabad



CH.SARATH CHANDRA

*Dedicated to:
Mr.sarath chandra
chukkapalli.,*

*For all those
Who donated their organs
during and after - life*



KAPILA MAHARSHI RESEARCH FOR RESOURCES

(Trust Regd. By Govt. Of A.P. No. 154-98/IV)

D.No. 8-3-1060/B2. IInd floor, post office Bldg,
Srinagar colony, Hyd - 73. Ph : 23747607 / 98499 77607

'ORGAN'IC YOGA VOLUME-I

ACKNOWLEDGEMENTS

CONCEPT & YOGA THERAPY : DR. C.V.RAO

JULY-09.

**KMRR
Hyderabad**



‘ORGAN’IC YOGA LECTURES
BY
KAPILA MAHARSHI RESEARCH FOR RESOURCES

INTRODUCTION

Kapila Maharshi Research for Resources (KMRR) was established in the year 1998 primarily for conducting research in YOGA, Pranayama & Meditational Science. It is also creating self employment through conducting Yoga Teacher Certificate / Diploma courses.

KMRR trained teachers run yoga therapy classes. During which they demonstrate exemplary guidance to people who undergo yoga therapy. KMRR continuously endeavors to support these teachers to enhance their knowledge about changing lifestyle and health hazards of the people and healing in yoga. In the process, KMRR has been taking a number of initiatives including the following.

- Training Yoga Teachers
- Conducting yoga teacher refresher work shops
- Organizing lecture programs by eminent people in Yoga, diet and human anatomy etc (Produced MP-3 Audios on T.T.C. Lectures)
- Release of book “Yoga 4 You” (2004)
- Release of booklet “Yoga & Urban Life” (2007)

KMRR desires to further penetrate Yoga as rehabilitation/fitness therapy as a post medical/surgical treatment recouping/rejuvenating measure to people who undergo treatment for ailments affecting specific organs of human being. Dr C V Rao delivers lectures on causes of various ailments and healing power of vital organs of human being. A few of these lectures are brought out in a Book titled **‘ORGAN’IC YOGA**.

KMRR hopes that this book not only enhances the Yoga Teachers’ comprehension and understanding the benefits of yoga in effective functioning of various organs of human being but also benefits the patients in practicing Yoga with more conviction and leading a very healthy life.

Various suggestions given in this book are only for the information of the KMRR yoga trained teachers who are providing yoga as therapy to the people come to them. This is not a substitution for medical treatment given by specialist doctors for various ailments discussed in the book.

Dr. C. V. Rao
Director, KMRR



CONTENTS

Particulars	Page No
Organic Yoga	Background 05
Lecture 1	Important organs of the System 05
Lecture 2	Yoga 06
	Benefits of yoga
	Stress management
	Resistance to diseases
Lecture 3	Causes for ill health 07
Lecture 4	Healing of Yoga 08
	Power of Yoga
Lecture 5	Organic Yoga 09
	Life Style
	Good life style
	Standard Yoga & Organic Yoga
	Organic Yoga – a Healing Yoga
Lecture 6	Organic Yoga – Organ Specific 13
	Heart
	Functions
	Symptoms of Illness
	Heart disease
	Hypertension
	Organic Yogasanas for Heart
Lecture 7	Lungs 19
	Functions
	Symptoms of Illness
	Organic Yogasanas for Lungs
Lecture 8	Liver 23
	Functions
	Symptoms of Illness
	Organic Yogasanas for Liver
Lecture 9	Pancreas 27
	Functions
	What is Diabetes
	Types of Diabetes
	Symptoms of illness
	Causes
	Food habits recommended
	Food habits not recommended
	Physical activities
	Organic Yogasanas
Lecture 10	Kidneys 31
	Functions
	Symptoms of illness
	Food habits recommended
	Food habits not recommended
	Organic Yogasanas for kidneys



Lecture 11	Stomach	33
	Symptoms of illness	
	Causes of illness	
	Causes for ulcers	
	Food habits recommended	
	Food habits not recommended	
	Allergy Vs ulcers	
	Organic Yogasanas for stomach	
Lecture 12	Intestines	39
	Functions	
	Illness	
	Causes	
	Food habits recommended	
	Food habits not recommended	
	Organic Yogasanas for intestines	
Lecture 13	Brain	43
	Functions	
	Illness	
	Causes	
	Remedy	
Lecture 14	Stress management	47
Lecture 15	'Organ'ic Yoga and its Relevance to Women.....	49
Lecture 16	'Organ'ic Yoga & Normal and Therapeutic Diet.....	51
Lecture 17	Yoga Practice - Important Guidelines.....	52
Lecture 18	Conclusion	54



LECTURE -1

'ORGAN'IC YOGA

BACKGROUND

We have been discussing about Yoga, Pranayama and Meditation. You have been conducting yoga therapy sessions for prevention and healing of various ailments. In the recent past, we have been coming across people visiting Yoga therapists for treatment and avoiding recurrence of ill health to specific organs of a human being. In this regard KMRR has got a study called 'ORGAN'IC YOGA done. From now on we will discuss about Yoga and its relevance for various organs of a human being.

A Yoga Teacher/Therapist (YT) or a medical counsellor who counsels any person in maintenance of good health shall have to possess knowledge of working of the various systems in a human being

IMPORTANT ORGANS AND THE SYSTEM

We have heard eminent doctors speaking about human anatomy and physiology. The basic system of human being and vital organs operating in functioning of these systems are:

01. **Skeleton – Bones and Joints**
02. **Cardio Vascular System – Heart and Blood Vessels**
03. **Respiratory System – Nose, Mouth and up to the Lungs**
04. **Digestive System – Mouth, Food pipe, Stomach i.e., small and big intestines and other organs of the digestive system.**
05. **Reproductive System – Gonads, Uterus, Ovaries + associated organs**
06. **Muscular – Skeletal System – Bones and Muscles**
07. **Neuro – Muscular System – Muscles and Nerves**
08. **Urinary System**
09. **Immune System**
10. **Endocrine System – Hormone Glands**
11. **Nervous System – All the nerves of the body**
12. **Other Sub systems**

In a healthy person these systems work in a perfect harmony and ensure perfect health of the individual both physically and mentally. If any one or more of these systems fail to function normally there is onset of illness. The illness in one system may spread to other systems / organs too if right measures are not taken at the right time.

The functioning of these systems has been discussed in our teacher training classes. However we will discuss about functioning of each of these systems in detail - illness, symptoms of illness and yoga therapy for healing.



LECTURE-2

YOGA

Yoga originated in India approximately 5000 years ago. Yoga is becoming very popular all over the world to reap its benefits.

BENEFITS OF YOGA:

The word 'yoga' signifies uniting of the mind, body and spirit. Yoga involves physical exercises apart from breathing practices and meditation to enhance physical strength and flexibility. The most common form of yoga is called "Hatha Yoga". It comprises of a number of physical movements, postures and breathing patterns.

STRESS MANAGEMENT:

Yoga helps to get relief from stress in people of different ages. Yoga relaxes the body and mind even in the midst of stressful situations. Yoga helps to gain control of breathing. It also bestows a peaceful state of mind. We will be discussing little more about the need for Stress Management through yoga in subsequent classes.

RESISTANCE TO DISEASE:

Yoga improves body's resistance to disease. Besides, it causes a person to have genuine inner contentment and self actualization. In short, YOGA can be called as a 'cure-all' mantra to one's daily health problems such as ill health, body pains, respiratory disorders etc.

We will discuss in greater detail in the following classes about the causes for ill health and how yoga helps in healing the same.



LECTURE – 3

CAUSES FOR ILL HEALTH

We have seen the basic systems of human being in Lecture-1. We have also discussed about benefits of yoga in general in Lecture-2. In this lecture, let us discuss in detail the causes for ill health of a man (includes woman unless specifically distinguished between the two).

What are the causes for ill health and stress in one's life? : Causes for ill health and stress are many. It could be the food one consumes. The air one breathes. Or the water one drinks. Because, these have become toxic and posing a grave danger to one's life due to polluted environment. The inescapable factors like over-population, industrialization, all kinds of pollution are adversely affecting human health. Above all, negative psychological factors such as anger, jealousy, anxiety, lust, arrogance are resulting in ill- health of people.

All these kinds of pollution result in causing diseases of various types. Let us look at the following table.

Kind of pollution	Result /Effect on human health	Organ/Human System being affected
Air pollution caused by emissions and effluents from various industries. Carbon monoxide released by vehicles	People suffer from Headache, Asthma, Heart trouble, Fatigue, Bronchitis. Such respiratory problems may also cause impotency in men	Respiratory system, Circulatory system & Reproductive System
Food pollution due to unhygienic, use of preservatives etc.	Affects digestive system, causes headache, ulcers etc. It may destroy immune system.	Digestive & Immune System
Water pollution due to non- availability of adequate potable water	Resulting in Cholera, Diarrhoea, Typhoid, Jaundice, Hepatitis and Arthritis	Liver, Joints and Bones & Muscular system
Noise pollution	Resulting in loss of hearing, Irritation, Headache, Nervous breakdown, Tension in muscles, Mental stress, High BP	Nervous System & Cardio Vascular System
Lifestyle and work environment, work pressure, sitting posture in work place,	Resulting in Backache, Obesity, Stress, Eye strain	Muscular system, Cardio Vascular System, & Nervous System
Improper/imbalanced diet, bad eating habits, excess eating habits	Obesity, Diabetes, Heart diseases	Digestive & Immune System

How does the Yoga help in curing these problems? We will discuss in detail in the next class.



LECTURE - 4

HEALING IN YOGA

In the previous lecture, we have ended the class with a very important question. How does the Yoga help in healing various health problems caused due to one's lifestyle and various kinds of pollutions including environmental? We have discussed briefly in the previous class, the kinds of pollutions and the resultant ill health of people.

How does the illness occur? : It is found that the air pollution decreases the oxygen supply to blood. Human being's brain consumes 40% of oxygen inhaled for its effective functioning. It was found in research reports published that out of the lungs breathing capacity, one uses less than 20% of the capacity of the lungs.

With the practice of Yoga it is found that it is possible to expand the breathing capacity of lungs up to almost 100%. For example, through a systematic practice of Pranayama, one can control breathing and improve oxygen supply and have a prolonged life. Practicing Pranayama every day as given by sage Patanjali in 'Ashtanga yoga' helps in increasing the lung power and provides balance among the body, mind and soul. This will lead to healthy, happy, disease-free prolonged life.

You may ask that how an illness, which seems to be an external, can be cured with yoga. Before we answer this question let us answer the question whether an illness is **Internal or External**.

"An illness of the body is always the outer expression and translation of a disorder, a disharmony in the inner being; unless this inner disorder is healed, the outer cure cannot be total and permanent."

"Look for the inner causes of disharmony much more than the outer ones. It is the inside which governs the outside."

If all organs of human body and all the parts of the body are in harmony with one another, one is in perfect health. If there is any imbalance anywhere in the body one gets either slightly ill or seriously ill.

The imbalances may be functional. What does that mean? If any organ or part of human body – muscle, bone or nerve - is not functioning properly then it is called functional imbalance. Illness, caused due to improper functioning of organs can be cured medicinally. But imbalance due to abnormal behavior or functioning of various organs of the body needs different cure. For example, if the 'heart' begins to pulsate vigorously then you must make it calm down; tell the heart that this is not the way to act. And at the same time you have to take long and very regular rhythmic breaths, thus making the 'lung', the mentor of the heart and teach how to work properly. Such balancing between heart and lungs is possible through yoga. In other words, in order to avoid imbalance it is necessary to bring equilibrium between mind, body and spirit.

At times the imbalance is caused due to non-achievement of a person's aspirations. Imbalance causes illness, both internal and external. Internal imbalance results in unrest. Creating calmness in the body and bringing the affected organs to normal functioning/working will cure the problem automatically.

Power of Yoga: One should understand that a person is not just bodily ill, but mentally ill too. It is the sick mind which makes the body sick. Illness or wellbeing of the body depends much on the state of the mind. Recovery from illness would be faster if the mind is healthy. Bringing mental equilibrium is possible through power of yoga. In other words, bringing harmony between inner and the outer being will be easier for those who are doing yoga.

Thus, the Yoga helps in providing harmony to the inner body that is: uniting the mind, body and spirit and helps in one's progression from illness to complete health.

Exceptions: There may be exceptions to this theory. For example certain disorders like skin diseases may take long to cure.



LECTURE - 5

'ORGAN'IC YOGA

Till now we have recapped about causes for ill health of a human body and the generic advantage of YOGA. From now on, we will discuss about human anatomy, that is, about vital organs of the body, their functions, illness, and causes for illness and how “yoga therapy” helps in healing ailments which are specific to each ‘organ’ of a human being. Since we will be discussing the ‘yoga therapy’ for each of the vital ‘organs’ of a human body, we call this as ‘**ORGAN’IC YOGA**’.

Description and nature of illness and healing in “Organ’ic Yoga” : *In ‘ORGAN’IC YOGA we will discuss about each of the vital organs, its functions, normal symptoms of illness, causes of illness and what ‘Organ’ic yoga can do in healing/dealing with illness and eliminate the causes of illness on a permanent basis.*

We have found from experience that various organs of the body fall sick due to non- bacterial reasons too. They are due to occupational hazards or due to irregular lifestyle of people. Health problems of yesteryears were totally different from today’s. These days man suffers from diseases / ailments mostly due to his LIFESTYLE. In olden days, death was mostly due to old age, epidemics and malnutrition. These days death, more often than not, is premature and mostly due to heart disease, diabetes, kidney problems and failure of several organs, in spite of the fact that there have been advancements in medical technology and availability of super-specialty facilities. In cases where a person’s life is prolonged, despite these health problems, it is because he is constantly supported by doctors and medicines. He has to be regularly on medication for well known controllable ailments like diabetes, heart disease and other health problems. If he stops medication, death seems to be imminent and almost certain. In other words he cannot live without medicines. The most important reason for all such health problems is one’s lifestyle in the first place.

Lifestyle: Friends, we keep hearing of lifestyle in many forms of this kind. What exactly the lifestyle is? What is a good lifestyle? And what is not? How to lead one? To begin with let us discuss about what is not a good lifestyle.

Undesirable/ Sedentary lifestyle: Attending to household work or going to the office and attending to few phone calls and looking into few files, makes people think that they have had enough of physical activity. People feel that they do not find time for doing any physical exercise. People start understanding the importance of a physical exercise only when they are affected with some or other kind of illness like the following:

- Attack of chest pain
- Ischemic Heart Disease.
- Diabetes
- Hypertension etc.

Lack of physical exercise is one of the important factors contributing to these and many other health problems.

What is suggested lifestyle for good health? : It is only by correcting his way of living that one can hope to secure good health. We suggest among other things, the following, as good habits in leading a good and healthy lifestyle.

- A regular daily routine has a lot of bearing on health
- Fasting and proper dietary habits

How to have good health from the food you eat? One has to ask oneself, how can I make sure I’m eating a healthy diet?



Friends, let us answer an important question; What to eat, How much to eat ?

- The food plate is divided into five sections.
- A third of the plate is filled with fresh produce –fruits, vegetables and salads.
- Another third portion of plate contains carbohydrates like potatoes, pasta, wholegrain bread, brown rice, oats, barley and corn.
- Divide the remaining third into two blocks of 15% each, leaving a tiny 3% slice.
- One of the two 15% segments is filled with protein foods for body building like lean meat, fish, poultry, eggs, beans, lentils, nuts, and seeds and the second 15% portion with body and bone building foods like milk, yoghurt, and cheese.
- The fifth and final tiniest slice of the plate, that's where you put fats, oils, butter, cream, sugar, chocolate, ice-cream, cakes and biscuits.

Thus following good food habits is part of forming a good life style.

- Adherence to timings,
- Avoiding eating a number of times,
- Limiting non-vegetarian if eminent, to twice a week,
- Proper water intake,
- Minimizing hydrogenated oils and saturated fats from animal source, colors and synthetic food additives and preservatives,
- Proper preserving and cooking techniques are some of the important aspects of good dietary habits.
- Regular yogic exercises: Any exercise has to be done at least five to six days in a week to have a positive role on health. This keeps all the joints and the spine in optimal mobility and gives enough 'exercise' to all 'vital organs' including heart and lungs to improve the cardiac reserve.
- Avoiding indiscriminate excessive medication.
- Abstaining from certain habits and addictions like: Excessive tea and coffee, smoking and consumption of tobacco products, drug addiction and alcohol.
- Adopt Naturopathy/ Physical treatments which include the following.
 - a. Body Massage.
 - b. Yogic kriyas like jalanethi, Basthi kriyas etc.

It is in this context YOGA is gaining ground. YOGA takes a person closer to nature and facilitates him to lead normal and natural life. He can gradually, if not totally, reduce dependence on medications and begin to lead a normal healthy life and also prolong the same.

Of course, when a person's problems are serious and complex he cannot avoid medication. Visiting doctors, clinics and hospitals is necessary. At the same time if he adopts YOGA as a way of life, he will begin to realize and understand that he neglected a most important lesson of life derived from the most important Science of Living namely "YOGA". Needless to mention it includes Pranayama & Meditation.

Even to succeed in yoga one must have a strong and healthy body. To achieve that kind of body, he must do exercise, have an active and regular life, eat well, do physical work and sleep well.

Is yoga is substitute to modern medical treatment? : No, YOGA alone cannot provide the complete solution to the modern day health problems, because of the complexity and seriousness of the problems. Therefore it is essential that the Science of Modern Medicine and the Science of YOGA should go hand in hand. The reasons for such combination are obvious.



Let us look at a few examples:

Case 1: A man, with Low Blood Pressure and Sciatica, comes to a Yoga Therapist, after having tried several methods for relief, finally hoping that YOGA provides CURE – ALL easy solution. If his vertebral discs at, say, LEVEL L4/L5 or L5/S1 are beginning to herniated, the YOGA therapist prefers to refer him to a Neuro or an Ortho specialist who would provide necessary allopathic treatment. There upon the person could be regularly under treatment by YOGA therapist, possibly, to prevent future recurrence of the same problem.

Case 2: A person, who underwent Angioplasty for CAD, began to develop same symptoms after two years. Investigations revealed that he had to undergo bypass surgery for his CAD. It turned out that the patient did not follow the advice given by the doctors especially regarding a good lifestyle. After he underwent angioplasty, had the patient adapted to a good lifestyle and practiced YOGA, Pranayama, & Meditation, he would have arrested worsening of heart problem.

Case 3: A middle-aged woman in her late thirties complained of back pain, abdominal pain in the right lower quadrant, pain in the lower middle abdomen, painful sex. She belonged to lower middle class family who could not afford the expensive modern medical treatment. Since they were not sure of proper treatment at Government Hospital her husband took her to inexpensive Yoga. The YOGA therapist listened to all her complaints and called for her Hb count since she looked too pale. Her Hemoglobin (Hb) was less than 7 as she was suffering from severe anemia also. The YOGA therapist referred her to a gynecologist and the woman turned out to be a case of endometriosis and multiple fibroids. She subsequently underwent hysterectomy.

Case 4: A young man in his mid-thirties came to a YOGA therapist with certain health problems and wanted to know if YOGA could solve his problem. His complaints were: Chronic fatigue, stressful job, depression, constipation and diarrhea too. He was found to be normal in all other aspects. However the YOGA therapist, instead of teaching him yoga, suggested that he should seek further advice and undergo necessary treatment from specialist doctors. Finally the patient turned out to be a case of hypothyroidism. YOGA can do some good to this vital organ that is the ‘Thyroid’ and enhance its functional efficiency. However if the gland has some specific problem it needs to be treated by a specialist doctor first, in this case the endocrinologist. It is then the YOGA therapist can suggest the right type of YOGIC practices, Pranayama, Meditation for this ‘ORGAN’ – ‘THYROID’. Still during the course of YOGIC practices the patient should continue to visit his doctor for further routine monitoring.

Word of Caution: Thus it is essential for an experienced yoga teacher/therapist to study the patient’s health profile before suggesting yoga therapy.

“STANDARD YOGA” AND ‘ORGA’IC YOGA.

Friends, before we dwell upon the concept of ‘Organ’ic Yoga’ let us examine the variance between “Standard Yoga” and “Organ”ic Yoga. The question for which we shall find answer is: How ‘Organ’ic Yoga is different from “Standard Yoga” and physical exercises?

Standard Yoga is primarily intended to enhance and preserve the health of an individual, his family, society and entire mankind. Following physical activities, competitive sports and games exercises are also performed by people for enhancing an individual’s health.

- Regular walking, jogging, swimming, etc.,
- Gymnasium / gymnastics, dancing etc.,



First of all let us examine how the standard YOGA stands on a different pedestal altogether when compared to other physical exercises. It is for the following reasons.

- In competitive sports and games there is a chance of injury and over stress and strain to the individual. Beyond the age of 40 years, almost all the participants give up these activities.
- Unlike the above activities, YOGA ensures better health of physical health of body and mind.
- Yoga can be pursued up to and beyond the age of 80 years – and derive full benefits.
- YOGA can be pursued much more conveniently at one's own convenience and chosen timings without having anything to do with co-participants unless so desired to participate in group sessions

‘ORGAN’IC YOGA -A-HEALING YOGA

YOGA has been in vogue for several years now, in India as well as in other countries and quite a few people are no doubt deriving benefits by regular practice. However during the past few decades or so many people are suffering from diseases like diabetes, high blood pressure as well as threatening heart diseases. High incidence of these diseases can be attributed to drastic changes in lifestyle that includes improper food habits, lack of proper exercise, lack of adequate rest and sleep and stressful living condition in a polluted environment. Yoga or physical exercise is not a part of modern day's lifestyle of people. Thus people are becoming 'obese', developing high 'blood pressure,' having 'heart' diseases. In the process, they are becoming victims of 'diabetes' too.

*All these are due to inactivity and deficient functioning of related “organs” of a human being. While **Standard Yoga** is intended to enhance and preserve the health of an individual, a family, society and entire mankind at large, ‘**Organ’ic Yoga** is designed to address the improvement and healthy functioning of the specific organs of a human body to heal and make them healthier.*

Diseases like Diabetes, Hypertension, Hypothyroidism, Arthritis, Osteoporosis, Cardio Vascular diseases etc have become very common due to change in the lifestyle. These have become more severe and required treatment by specialists. Similarly, yoga practices are also modified/ identified to heal these ailments permanently. We will discuss in subsequent classes how the deficiency in functioning of specific organs of the human being is resulting in such serious illness.

YOGA therapy is developed to activate the specific organ and improve its functioning. The yoga therapy describing such asanas, pranayama and meditation is prescribed under the title- ‘**ORGAN’IC YOGA**.

This is performed in tandem with the other medicinal treatment. In other words both medicinal and ‘*organ*’ic yoga therapy are considered as supplementary to each other.

Proper dietary adjustment is a must for achieving the improvement at desired level.

Let us consider a few examples in this regard.

Example 1:- A person who is a **DIABETIC** is a diabetic because of several reasons like obesity, inactivity, etc. Most importantly the ‘**ORGAN, PANCREAS**’ is not functioning properly due to which the insulin is not produced properly. A Yoga therapist may be able to train the individual to overcome inactivity, reduce his body weight through YOGA asanas, Pranayama, Meditation & better eating habits etc. and bring about a level of improved wellbeing. Nevertheless, the malfunctioning of pancreas continues to trouble the person, and YOGA therapist's involvement alone cannot do much about the organ. Required medicinal treatment has to be given to make the organ behave properly; and the person begins to feel much better.

Example 2:- A person is a **HEART PATIENT** for several reasons like poor eating habits, lack of exercise, excess weight, stress and the like, most of them related to improper lifestyle again. A YOGA therapist, no doubt, can do much to improve his condition; including possibly reversing of heart disease. Nevertheless, what if the person has severe heart condition – which may be CAD, CVD or say ANEURYSM - cerebral or Aortic?

The patient shall not be overenthusiastic and perform YOGA ASANAS on his own which may lead to serious consequences. It is necessary that the YOGA therapist obtains opinion from a specialist doctor before prescribing a few YOGIC PRACTICES. Thus with a co-ordinate effort between a medical professional and the YOGA therapist, strengthening of the affected ‘Organ –Heart’ is possible. It also helps in preventing recurrence of heart problems.

Thus while the standard yoga is aimed in providing normal health, ‘*Organ*’ic yoga is designed to address the specific organ which is affected.



LECTURE - 6

YOGA THERAPY FOR HEALING ORGAN'S HEALTH

From this class we will discuss about each of the following ORGANS; its Description, Functions, Illness, Cause for dysfunction, Yoga Therapy- Indicative Asanas, Pranayama and Meditation and suggested Diet

1. Heart : How to prevent/delay the process of CVD, CAD
2. Lungs : How to improve Lung Power (CRE)
3. Liver : Effective functioning and Prevention of its Common Disorders
4. Pancreas : Managing Type II Diabetes (NIDDM)
5. Kidneys : Prevention of Kidney Stones
6. Stomach : Healing of Stomach Pain
7. Intestines : Effective functioning and Prevention of its Common Disorders
8. Brain : Dealing with CNS and Common Health Disorders of Nervous System. Mental Health - The Functional Aspects of the Brain.

HEART

DESCRIPTION & FUNCTIONS

Heart is red-brown in color and has an unimpressive shape. It weighs 340 gm and is about 15 cm long and 10 cm across. It is more like a pear. It is a four chambered pump; actually two pumps, one to move blood to the lungs, the other to push it out into the body. Everyday the heart pumps blood through 90000 km of blood vessels. That is considered as equivalent to pumping almost to fill a 15100 liter tank can. It collects impure blood (high in co₂ and low in oxygen) from all parts of body – Pumps to lungs- lungs removes co₂ adds oxygen and sends back to heart – heart pumps back purified blood to all parts of body- oxygen is necessary for proper functions of all parts of body to perform internal and external work.

Heart rests between beats. It takes about 3/10th of a sec for its big left ventricle to contract and push blood out into the body and then rests for half a sec. while a person is asleep, large percentage of the capillaries are inactive, thus heart beat slows from a normal 72 down to 55. It gets the nourishment from the blood. Although heart represents only 1/200 of the body weight it requires 1/20 of the blood supply, i.e. about 10 times the nourishment required by other organs and tissues.

SYMPTOMS OF ILLNESS

These days, more than ever, it is disheartening to know that many people are succumbed to heart diseases at a very young age. Most of them may be aware that their problem of heart disease has something to do with their sedentary lifestyle.

- Shortness of breath on slight exertion like climbing of stairs.
- Pain in the shoulder, particularly left shoulder and if the pain radiates to the left arm.
- Fainting – Any such episodes in the past
- Swelling of feet
- Tiredness, giddiness, weakness, sweating.

Above conditions may be indicative of heart disease that necessitates urgent attention by a specialist doctor. The doctor would examine the factors like: high BP., family history of heart disease, diabetic or not, smoker or not, leading sedentary lifestyle or not, usually under stress / anxiety or not.



CAUSES FOR HEART DISEASE

There are many forms of the heart disease, most common being CAD (Coronary Artery Disease). In CAD the blood vessels supplying blood to the heart are blocked and the heart muscle does not receive adequate supply of blood – THE OXYGENATED BLOOD; nutrition for the heart, so to say. In the initial stages of the disease (which is called ISCHAEMIA) – there may not be perceivable symptoms. As the condition worsens, the patient begins to feel chest pain during exertion. It is called ANGINA PECTORIS.

Any further deterioration leads the patient to a condition known as ACUTE CORONARY INSUFFICIENCY. During this stage there is very low level of blood supply to the heart muscle. Due to spasm of the coronary arteries the patient begins to get Chest pain even at rest, giddiness, weakness, sweating. During this stage blood supply to the heart muscle is cut off intermittently.

As the condition further worsens, there is prolonged spasm, blood supply to the Heart Muscle is completely cut off, and patient gets severe pain in the chest at rest. The chest pain is usually accompanied by sweating, giddiness, nausea and vomiting. Such a state leads to a medical emergency called HEART ATTACK – Myocardial Infarction in medical parlance. In such a situation, patient shall be referred to a doctor.

WHAT YOGA CAN DO?

We have discussed earlier that a disease may be internal and/or external. Yoga deals with the internal disease more effectively. It means that it can calm down the body and reduce the throbbing of the heart.

HYPERTENSION

Before we deliberate on dealing with Hypertension under OY, let us understand about HYPERTENSION – colloquially called - High B.P; how it occurs and how unattended high B.P., poor eating habits, lack of physical activity, together with stress eventually lead to heart disease & stroke.

Besides age, sex and heredity - which are to some extent responsible for heart disease - one's own lifestyle, excess weight, lack of physical activity, eating fatty food develop into a state called ATHEROSCLEROSIS – narrowing and hardening of blood vessels. Such state leads into resistance against free flow of blood resulting in High B.P. If this condition is not checked in time and as long as the sedentary lifestyle coupled with other unhealthy habits like smoking, heavy drinking etc., is continued, the person is likely to pass through various stages of the heart disease described above and he becomes a heart patient. One of the most common disasters of High B.P. is stroke resulting in paralysis.

While the patient receives regular medical treatment to keep the B.P under control, YOGA can be practiced during the initial stages of High B.P. It is advisable that YOGA therapy and regular Medical treatment go on simultaneously until the person is completely free from hypertension.

More than 50 % of Heart Disease Patients have Diabetes. Diabetes is a Vascular Disease where there are changes in the blood vessels all over the body. The arteries become hard and blood becomes thick due to adhesion of platelets and the blood which has to flow freely becomes slow due to narrowing of blood vessels due to atherosclerosis as well as Diabetes. In turn, this leads to decreased blood supply to all parts of the body including the Heart.

Here is a live example, how change in lifestyle and yoga therapy together can reverse the heart disease: Sri Sanjeeva Rao, who underwent Yoga teacher training course at KMRR was suffering from heart disease 40 years ago i.e. in 1968. At that time – he weighed over 90 kg.; He used to smoke; he never did any kind of exercise; he was very lazy and he was fond of eating, rather overeating.

When he suffered from heart attack, it was diagnosed serious. He was kept in ICCU for 5 days. His kith and kin were asked to stand by his bed. He was treated by specialists in a Military Hospital in Bangalore. The doctor advised him to change his lifestyle. From then on, as confessed by him, he realized the importance of healthy lifestyle and food habits. Today he maintains his body weight below 70 kg. He practices Yoga every day. He has become a therapist and provides medical counseling to the needy. He claims he was able to reverse the heart disease from serious to normal and now under medical management and yoga therapy.



WHAT YOGA CAN DO TO HEART?

- Strengthens the heart
- Prevents heart diseases and strokes
- Prolongs life in good health

HOW? By modifying lifestyle as under:

PHYSICAL ACTIVITIES:

Regular exercise is a must. For youngsters it is important that they expend 400-500 kcal of energy by some kind of exercise that may include aerobics, stretches, strengthening exercise, and / or games & sports in addition to Yoga. In the case of elderly people, regular walking and YOGA or any kind of stationary exercises are advisable.

RECOMMENDED FOOD HABITS:

One should never overeat. For an average adult, daily food requirement is around 2000 kcal – unless he is of a physically hardworking type. It is better that the composition food is 70% Carbohydrates; 20% Proteins, 10% Fats. In other words, the diet should be: Low Fat, High Fiber fresh and non-processed, preferably vegetarian.

RECOMMENDED YOGA ASANAS FOR HEART

Initially the individual is advised to learn the following ASANAS and PRANAYAMA under the guidance of a YOGA therapist. Later he/she may practice them independently. If the person happens to be a heart patient under treatment, his condition must be regularly monitored by specialist doctor during the course of yogic practice.

RECOMMENDED YOGA

ASANAS

- * **Traditional Surya Namaskaras/ Yoga running**
- * **Ushtrasana**
- * **Supta Vajrasana**
- * **Prasaritha Padottanasana**
- * **Kapotasana**
- * **Sarvangasana**
- * **Chakrasana**
- * **Art of Relaxation to Body & Mind**

PRANAYAMA :-

- * **Anuloma – Viloma/Kapala bhathi, Nadi Shodhana etc.**

YOGA FOR CARDIAC DISORDERS

ASANAS

- * **Parvathasana**
- * **Ekapadauttan Asana**
- * **Tolungulasana / Matsyasana**
- * **Sashankasana**
- * **Artha Vakra/Matsyendrasana**
- * **Prashantasana (10 mins) / Meditation (20 mins) / Yoga Nidra (30 mins)**



PRANAYAMA:-

Rechaka-Puraka, Ujjayee, Nadi Shodhana, Bhramari and:

- Light walking (30 mins.)
- half a day fast in a week
- music-therapy (during body relax)
- (philosophy) yoga satsang
- Mind management applications.

MEDITATION

There are several ways of performing Meditation. Yoga Teacher shall give customized guidance regarding any one or more of them to the individual as per his / her choice. Meditation relieves emotional stress, tension, anxiety, fear etc., it also controls blood pressure, improves respiratory endurance, relieves certain stress – related pains, be it headaches or body pains which are very relevant to improve the heart condition.

PREVENTION & DIETARY MANAGEMENT

CARDIO VASCULAR DISEASES, HYPER LIPIDEMIAS & ATHEROSCLEROSIS

Physiological state	Suggested Diet Pattern	Suggested Exercises
Hypertension <ul style="list-style-type: none"> • Diet related cardio vascular disease • Normal B.P - (Systolic / Diastolic=120/80) • Hyper tension -140 / 90 • Obesity • Advancing age • Psychological stress • Heredity • High salt / sodium intake • High fat intake • High caffeine in take • Low incomes • Low education • Vascular Renal diseases • Glomerulo nephritis • Expanded blood value • Chronic Nephritis • Polycystic kidney disease • Oral contraceptives • Endocrine disease • Hypothyroidism • Increase in L D L • Increase in V L D L • Decrease in H D L 	<ul style="list-style-type: none"> • Light Diet • Sodium restriction to 2g / day • Low fat & cholesterol diet • Fiber rich fruits & vegetables • Sprouts • Potassium rich vegetarian diet (4g / day) • Vitamin- E & Vitamin- C rich foods • Calcium rich foods • Diet containing 1500-1800 calorie / day to maintain optimal body weight • Skimmed milk, Butter milk • PUFA to SFA (ratio 1: 1) • Eggs -2-3 / week • Barley water & Porridges <p>Avoid</p> <ul style="list-style-type: none"> • Fatty foods • Deep fried foods • Animal foods- Pork, beef • Sweets, Cookies & Pastries • Pickles • Alcohol • Smoking • Stress • Strong emotions • Salt / Sodium (1 tsp salt = 2000mg Na) • Sea foods & Salted fish • Salted cheese & butter • Pickles , Chutneys 	<ul style="list-style-type: none"> • Light walk • Simple Yoga • Pranayama



<p>Hyper lipidaemias</p> <ul style="list-style-type: none"> • Correlated with premature Coronary Artery Disease(CAD) • Normal Cholesterol- 150-200 mg / dl) • High adiposity • Over weight / Obesity • Sedentary life • Genetic& Body built • Lipoprotein lipase enzyme deficiency • Insulin resistance • Increase in L D L • Increase in V L D L • Decrease in H D L 	<ul style="list-style-type: none"> • Light Diet Low to moderate in calorie • Low fat & cholesterol diet • Fiber rich fruits & vegetables • Sprouts • Vitamin- E & Vitamin- C rich foods • Diet containing 1500-1800 calorie / day to maintain optimal body weight • Skimmed Milk, Butter milk • PUFA to SFA (ratio 1: 1) • Eggs white • Porridges • Foods rich in fiber • Whole grains- cereals, pulses <p>Avoid</p> <ul style="list-style-type: none"> • Fatty foods • Deep fried foods • Animal fats- lard, tallow, Ghee • Hydrogenated fats • Cream, Ice cream • Egg yolk • Sweets, Cookies & Pastries • Pickles • Alcohol 	<ul style="list-style-type: none"> • Light walk • Simple Yoga • Pranayama
<p>Hyper triglycerdemia</p> <ul style="list-style-type: none"> • Correlated with premature CAD • Normal plasma triglycerides 250-350mg / dl • All above + • Smoking • Diabetes • Chronic Haemodialysis • Alcoholism • Alters calories balance • Increases L D L 	<ul style="list-style-type: none"> • Light Diet Low to Moderate in calorie • Low fat & cholesterol • Low to Moderate carbohydrate diet • Fiber rich fruits & vegetables whole grains • Sprouts • Vitamin- E & Vitamin- C rich foods • Diet containing 1500-1800 calorie / day to maintain optimal body weight • Skimmed Milk, Butter milk • PUFA to SFA (ratio 1: 1) • Egg white <p>Avoid</p> <ul style="list-style-type: none"> • Fatty foods • Deep fried foods • Animal fats- lard, tallow, Ghee • Hydrogenated fats • Cream, Ice cream • Egg yolk • Sweets, Cookies & Pastries • Pickles • Alcohol 	<ul style="list-style-type: none"> • Light to moderate walk • Yoga • Pranayama



<p>Atherosclerosis</p> <ul style="list-style-type: none">• Disease of large arteries• All above +• Ageing• Emotional stress• Reasonability type• Pre-mature menopause• High fat intake• Hyper cholegerotima• Hyper triglyceridemia• Decreases H D L	<ul style="list-style-type: none">• Light Diet - Low to Moderate in calorie. 1500-1800 calorie / day to maintain optimal body weight• Low fat & cholesterol diet• Fiber rich fruits & vegetables• whole grains , legumes• Sprouts• Vitamin- E & Vitamin- C rich foods• Skim milk, Butter milk• PUFA to SFA (ratio 1: 1)• Egg white <p>Avoid</p> <ul style="list-style-type: none">• Fatty foods• Deep fried foods• Animal fats- lard, tallow, Ghee• Hydrogenated fats• Cream, Ice cream• Egg yolk• Sweets, Cookies & Pastries• Pickles• Alcohol	<ul style="list-style-type: none">• Light walk• Simple Yoga• Pranayama
---	--	--



LECTURE 15

ORGANIC YOGA AND ITS RELEVANCE TO WOMEN

We have covered topics about organic yoga for all men and women. But women are unique and their health disorders call for an independent examination and reference in the context of 'Organic yoga.' In order to provide a basic knowledge to KMRR Yoga therapists, about health disorders and remedial measures particularly for women, **Dr. Vindhya** has discussed in detail in her paper presented exclusively for KMRR which goes thus.

Women are unique. Their journey starts as a child, later to an adolescent and an adult woman. Then they go on to pre-menopausal/menopausal and the post-menopausal stage. During this journey a woman undergoes a lot of physiological and psychological changes.

CHILDHOOD:

Till the age of 13 yrs., a girl grows physically and matures physiologically. She undergoes changes continuously and there is a sudden growth spurt at the age of 12- 14. The pre-pubertal and pubertal changes occur at this time. During the same time, they may be under a lot of stress due to homework, competition at school, and extra curricular activities. Learning Yoga at this stage helps these girls to have better body awareness, flexibility, good posture, relaxation and increases the memory.

ADOLESCENCE:

Between 13-19 yrs., a girl grows suddenly, with changes in her body and mind. She starts menstruating and becomes aware of her body and also becomes self-conscious. She might have poor eating habits (eating either less or more) and experiencing menstrual problems including pain during periods. Yoga at this age helps her to develop a healthy lifestyle while simultaneously conditioning the mind suitably.

REPRODUCTIVE AGE:

Between 20-40yrs., she becomes a grown up woman. She marries, becomes pregnant and has children. She may have menstrual disorders and infections too. Backache is a common complaint especially after child-birth. Yoga is beneficial in cutting down the flab and development of the body symmetrically. Regular practice imparts energy, improves figure, and relieves stress, checks ovarian diseases and many other disorders connected with child birth and menstruation.

SPECIAL DIETARY REQUIREMENT FOR PREGNANT WOMAN:

1. High energy foods.
2. High Calcium foods.
3. High Protein foods
4. High Iron foods
5. High Iodine foods

a) Overall food intake has to be between 800 and 1000 calories depending upon the nutritional status and physical activities of pregnant woman.

b) Since more than 80% of brain is formed when child is born, food should have certain high level of protein, fats and Iodine

c) If calcium in the diet is not enough for the growth of fetus, it will be drawn from the bones of the mother, so calcium inadequate diet harms the bones of the mother.



d) As mother's milk does not contain Iron, baby has to be born with adequate stores of Iron. If not anemia hinders the growth.

Appropriate Yogasanas help mother-to-be to stay fit through out pregnancy. Yoga controls Blood Pressure (B.P), anxiety and keeps the heart strong and helps the woman to cope up with the stress of pregnancy and childbirth by stabilizing and strengthening the joints and promotes flexibility in muscles and fascia.

Yoga helps in the healing, relaxing and toning of body after childbirth. It balances the endocrine system (hormone). Yoga massages the reproductive organs and relieves the pelvic congestion. Yoga during this period boosts the immune system, increases the energy levels and make one grow stronger, calmer, and more confident. Yoga rebuilds the pelvic and abdominal muscles and stabilizes the spine and posture.

Breast feeding to baby as long as possible is good for the mother as well as the baby as it stimulates good milk production. And for sustaining enough milk production, dietary management is very important. She should take high calorie high protein diet (Milk, Egg & especially Fish, Dal, Milk products.) and high calcium foods.

PRE-MENOPAUSE AND MENOPAUSE:

Can be anytime between 45-55 yrs of age. There are a lot of hormonal changes at this time when the ovaries stop producing eggs and thereby reduce the female hormones (estrogen & progesterone)

COMMON SYMPTOMS:

- Can have menstrual irregularities
- Stress due to decreased hormone levels or other family problems
- Stress due to aging and changes in the body symptoms usually range from mild to moderate to severe.
- Hot flushes or night sweats, insomnia or difficulty in Sleeping
- Mood swings, irritability, depression and anxiety
- Changes in blood cholesterol and increased incidence of heart diseases

Hormone Replacement (HRT) can be done in case of severe complaints. But in addition to HRT, diet and yoga help to reduce the complaints. Pranayama helps to reduce hot flushes. Yoga asanas increase muscular strength and increase bone mass. Yoga Helps in prevention of osteoporosis and osteoarthritis.

DIETARY MANAGEMENT:

One of the diets proved to be of great help during this period is Soya bean and its products. (Tofu, milk etc.)



LECTURE 16

‘ORGAN’IC YOGA & NORMAL and THERAPEUTIC DIET

Till now we have discussed about Organic yoga. Any discussion about yoga is incomplete if it does not cover topics about Diet more particularly Therapeutic Diet.

Yoga and nutrition are two sides of a coin. Yoga when practiced sincerely, can keep every part of the body (Internal and External) and mind in a fit and functional condition. To make use of the condition of the body for developing good health, it is necessary to provide adequate nutrition by consuming proper quantity of food and water. Yoga and nutrition are inseparable twin components of feel good, work good and enjoy good factors in life.

It is for this reason, that the ‘suggested food’ and ‘food to avoid’ for the health of specific organ are discussed in our lectures about ‘Organ’ic yoga.



LECTURE 17

YOGA PRACTICE– IMPORTANT GUIDELINES

Having discussed about various facets of organic yoga till now, it is necessary to recap ourselves about the guidelines one should observe while performing yoga. The practice of YOGA calls for utmost discipline, it is almost ritualistic though not a religious ritual by itself. The YOGA therapist lays down certain rules of conduct and the practitioners are expected to follow them.

THE GUIDELINES FOR THE YOGA SESSION

1. The individual's physical condition / mental makeup
2. Time and place
3. Prayer
4. Asanas
5. Pranayama
6. Meditation
7. Prayer – at the end
8. Duration of the session

1. The individual's physical condition and mental makeup:

It is important that every person who comes to join the regular / routine YOGA session is happy and cheerful and is currently not under any kind of emotional stress. He should be feeling normal without any symptoms like headache, stomach pain or other pain of any nature, in any part of the body. If so, he should first consult his doctor, and only after he is free from these symptoms should he join the session. It is also important that he joins the session on empty stomach after finishing his toilet.

2. Time and place:

It is important that YOGA session is commenced preferably in the early hours of the day (before 5 am) in a lonely place where un-polluted natural free circulation of air is available, preferably in a garden; if at home, all the windows should be kept open and without air conditioners running.

3. Prayer:

The session begins with prayer (normally Omkar). This sets the mind and body at ease and prepares the individual for the session.

4. ASANAS

- The asanas must be chosen based on the individuals' body composition flexibility, age, sex, present status of health and condition.
- While performing Asana, there should not be any jerks and sudden movements. It should be slow and steady without any force.
- No attempt must be made to force oneself into a posture in case the person is not able to bend forward, backward, sideways or stretch himself. Initially this may be difficult due to lack of flexibility; but they are likely to improve in due course of practice.
- Initially duration and repetitions must be less; may be increased gradually at the discretion of the teacher.
- From time to time each person's condition must be checked. For example his respiration, pulse rate, any difficulty in breathing, any pains etc., and must be brought to his doctor's knowledge if need be.



- The choice of Asanas in respect of an individual is left to the discretion of YOGA therapist. The trainees should be informed strictly that they should perform only those postures which the yoga therapist teaches.
- They should not be over enthusiastic and begin to perform what is not suitable for them. For example persons with high blood pressure should not perform reverse asanas like sirsasana, sarvangasana etc. Similarly certain asanas are not advised for persons suffering from asthma. Same is the case with persons suffering from disorders like constipation, kidney/bladder stones, sciatica, back pain, spondylitis etc. Therefore it is important that the trainees follow the instruction of their YOGA therapist strictly.

5. Pranayama:

Briefly speaking Pranayama relates to breathing techniques. Broadly speaking it encompasses many aspects. There are several types of Pranayamas. All are not suitable for everybody especially if a person has a medical condition like asthma. It is better to the practitioner to leave the choice to the yoga therapist to choose the right kind of pranayama .

6. Meditation:

Traditionally people have been following and practicing different modes/methods of meditation. This part may be left to the individual's choice. If it is a group session the YOGA therapist may choose a particular mode of meditation that suits the group in general. It shall be followed by a devotional song and a brief talk on health and fitness to motivate and imbibe culture.

7. Prayer:

If there is a prayer at the end of the session; and everybody feels highly relaxed. It is as though everybody is charged with relaxation and is ready to face the stressful day in waiting.

8. Duration of the session:

If all the participants are normal and healthy, the session may run for an hour. Otherwise the Yoga therapist may decide on the duration based on certain merits/demerits.

A GENERAL NOTE

The meaning of YOGA can be explained in so many ways. It also means; binding of all the powers of body, mind and soul to GOD, the almighty or the Mother Nature which ever way one takes it. Mainly it means disciplining of the intellect, the mind, the emotions and the will.

We have seen, in the preceding discussions, how emotions influence the functioning of various organs of the body and mind. A practicing YOGI aims at maintaining serenity in him, in his family, in the neighborhood, among friends and relatives, in his working environment and in the society at large. In ORGANIC YOGA we train a person how to keep away from negative emotions and how to nurture positive emotions. This brings a sea change in him in matters of health and well-being.



LECTURE -18 CONCLUSION

We have discussed much about what ‘organ’ic yoga’ can do in creating a ‘healthy world’ in this world. Let us conclude the present lecture series on ‘Organ’ic Yoga with the following observations.

These days many people are suffering from one or more of the following health disorders.

- Heart and vascular diseases
- Respiratory problems like cough, cold, sinusitis, Bronchitis, Asthma, TB etc.,
- Stomach, liver, pancreas, kidney, gall bladder
- Prostate problem - BPH / Cancer
- Several intestinal disorders like IBS, Fistula, Constipation, Hemorrhoids, Ulcers, Wind, Tumors, Diverticulitis etc.
- Obesity / Overweight
- Insomnia
- Arthritis, Osteoporosis, Spondylitis, Sciatica, Low Back pain
- Hernia – most commonly inguinal & Hiatal
- Disorders of Central Nervous System
- Glandular disorders like Hypo/Hyperthyroidism
- Gout, urinary disorders
- Diabetes
- Non – Intentional weight loss etc.

We have many doctors, physicians, specialists and several supportive facilities around, to treat these illnesses of health. And we also have so many super specialty treatment facilities. Nevertheless quite a few patients are not deriving satisfaction with these conventional methods of treatment for one reason or the other. Such people may prefer Organic Yoga (OY) for respite or relief for the following reasons:-

‘ORGAN’IC YOGA, is intended to identify the specific health problem pertaining to a particular ORGAN, and since YOGA can be directed with special emphasis and attention towards that particular organ the patients condition can be improved and brought back to normalcy. Thereupon if he is fully motivated and chooses YOGA as a way of life and practice YOGA regularly, one will begin to derive all the benefits of yoga and leads a healthy life. They think O.Y. is cost-effective. They hope O.Y. gives them better relief. O.Y. is very convenient. And it can be practiced by them in due course of time

No doubt there is apparently some truth in their thinking, but at the same time the situation places a heavy responsibility on the O.Y. therapist. This is where an O.Y. therapist is required to exercise extreme caution. It should be clear to every therapist involved in ORGANIC YOGA that he/she must first obtain clearance from the respective health provider to commence O.Y. session in respect of a particular individual / patient.

In this context KMRR wants all the YOGA THERAPISTS to please bear in mind following few points:-

We wish to promote Organic Yoga as a healing facility may not be as an alternative but more appropriately to work in close coordination with conventional modes of medical treatment.

We are convinced that certain illnesses/diseases, at certain stages and after having been treated conventionally, respond to YOGA better, particularly during recovery stage and after; and also in preventing recurrence.

In fact we wish to refer the unhealthy people to specialist doctors or their respective health providers. Thereupon after obtaining clearance from the doctors, we take up the case for O.Y. sessions and also continue to refer such cases for review and monitoring as necessary during O.Y. therapy too.

This series of lectures are aimed to equip KMRR YOGA teachers turned as therapists with adequate knowledge to serve a person. It is expected that this valuable information helps in a large measure not only in understanding about the illness, causes and remedy and Yoga therapy for various vital organs of the people but more importantly in dealing with certain apprehensions about illness and health among the people who come to a yoga therapist with great expectations.