

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA



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Wellness: Urgent need to assimilate techniques from divergent modalities

The scope for integrating different modalities for health care and wellness is enormous. Such joint endeavor is also urgent in view of the epidemic of drug overdosing and suicidal deaths, symptomatic of mental infirmity. Chiropractic can retain yogic techniques that address mental ill health issues exceedingly successfully. Despite much silo-think there is certainly respectable brain storming for both diagnostics as well as therapy as between ayurveda, physical therapy (PT), yoga chikitsa, chiropractic and other systems. Collaboration is rewarding: effective healing and salutary benefits. Of late PT has been retaining more and more of the asanas or poses of yoga such as lumbar twists, the downward dog posture, the sun salutation and other exercises. Case control and cohort studies have shown significant improvement in muscle flexibility, muscle strength and the functionality of the spine, the joints and in overall wellness with yoga. This paper identifies therapy diagnostics and modalities that make common cause with the goals of decompressing lumbar, cervical and spinal structures as well as de-stressing the central nervous system. Yogic abdominal breathing shuts off inner mental chatter and ushers in a meditative environment. Integrated health care practice combined with saatvic nutrition helps correct ubiquitous flawed practices such as paradoxical breathing which are not just deleterious to health, but also off-putt healing effects of effective therapy. Flawed lifestyles including indulgences also slow down homeostasis. It's time to get integral.

Biography

Sudhanva Char has been on the Faculty of Life University for over two decades. He teaches Biostatistics. He is a Certified Yoga Teacher. Over the past 30 years he has enabled hundreds attain robust physical and mental health and overcome numerous ailments. Over a hundred of his research papers have been published in peer-reviewed journals.

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