

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA



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What are its capabilities?

Yoga is the science of perfect well-being. Yoga resonates with robust physical, mental and emotional health. Both as a cure and as a prophylactic Yoga helps cure numerous illnesses and overcome suffering, besides shielding from germs and even genetic typos. It has the key to wellness and happiness as well as to the ubiquitous opioid epidemic costing about \$150 billion per annum just on account of lives lost, not counting the Pareto dead-weight loss due to inefficient use of resources. Yoga promotes homeostasis and gives us the wisdom to regard the body as a hologram of the universe, in a realistic practical way. It teaches how one can avoid pressing into service the autonomic sympathetic nervous system to meet stressful situations and instead make use of the parasympathetic nervous system in the subcortical brain. As a physical and mental exercise that promotes wellness, it calls for minimal non-competitive effort and low calorie consumption instead of maximum effort and high calorie consumption, as well as competitive endeavor of traditional exercise. Yoga has slow but dynamic movements whereas other exercises call for forceful and tense movements that may tear ligaments and injure muscles. Yoga improves cardio-vascular efficiency as well as alpha brain waves, taking the practioner to the next higher level of mindfulness. Yoga is hailed as future medicine, and yet lends itself as alternative and complementary therapy. By making stress management easy it changes the toxic ambiance and circumstances conducive to cancer and numerous ailments related to the heart, endocrine system, and kidneys. Today there is ample clinical evidence supporting these claims, besides several millennia of anecdotal evidence. It is high time that yoga is brought to the high table of current discussion of health-related affairs both to improve effectiveness of treatment as well to realize cost-effectiveness.

Biography

Sudhanva Char Ph.d. has been on the Faculty of Life University for over two decades. He teaches Biostatistics. Prof. Char 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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