Allied Health Media OccupationalTherapy.com

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Introduction to the Therapeutic use of Yoga



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Objectives

- Describe the history of Yoga.
- Identify the therapeutic effects and evidence based yoga interventions for a variety of populations.
- Describe 2-3 yoga techniques that can be integrated into occupational therapy treatment.

Yoga



Yoga is an ancient Indian science of health, which dates back more than 5000 years.

National Center for Complementary & Integrative Health

The 2007 National Health Interview study found that yoga is one of the top 10 complementary and integrative health approaches used among U.S. adults. An estimated 6% of adults used yoga for health purposes in the previous 12 months.
www.nccih.nih.gov

2012 Yoga in America Market Study shows 8.7% of U.S. adults, 20.4 million people practice yoga.
www.yogajournal.com

Complimentary Alternative Medicine

- "Occupational Therapy practitioners may utilize CAM in the delivery of Occupational Therapy services when they are used as preparatory activities to facilitate the ability of clients to engage in their daily life occupations"

American Occupational Therapy Association Position Paper 2011

Yoga Therapy

"Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga."

The International Association of Yoga Therapists

http://www.iayt.org





"Yoga therapy is that facet of the ancient science of Yoga that focuses on health and wellness at all levels of the person: physical, psychological, and spiritual."

Joseph LePage, M.A., Integrative Yoga Therapy (U.S.A.)



"The use of the techniques of Yoga to create, stimulate, and maintain an optimum state of physical, emotional, mental, and spiritual health."

Judith Hanson Lasater, Ph.D. PT

Yoga Teacher
~
Yoga
Therapist

COTA
~
OTR/L

Occupational Therapy practice Framework: *Domain & Process*

"Client factors are specific abilities, characteristics, or beliefs that reside within the client and may affect performance in areas of occupation."

~Values, beliefs, & spirituality.
~Body functions.
~Body structures.

American Occupational Therapy Association 2008

Values, Beliefs & Spirituality

- *Values* are principles, standards, or qualities considered worthwhile by the clients who holds them.
- *Beliefs* are cognitive content held as true. (Moyers & Dale, 2007, p.28)
- *Spirituality* is "the personal quest for understanding answers to ultimate questions about life, about meaning and about relationship with the sacred or transcendent, which may (or may not) lead to or arise from the development of religious rituals and the formation of community" (Moreira-Almeida & Koenig, 2006, p.844)

American Occupational Therapy Association 2008

Yoga & Spirituality

View of Yoga from the Western Perspective
Vs.
Eastern Perspective

Body Functions

Bodily functions refer to the 'physiological functions of body systems; including psychological functions.' (WHO, 2001 p. 10)

American Occupational Therapy Association 2008

Effects of Yoga on Body Function

Physiological

- Reduced sympathetic dominance
- Increased parasympathetic
- Reduce blood pressure
- Reduce resting heart rate
- Reduce cholesterol
- Increased strength
- Decreased body weight
- Increased core stability
- Improved balance
- Improve lung function
- Reduce muscle tension
- Reduction in Chronic pain

Cognitive Benefits

- Improved concentration
- Sharper focus
- Increased mental clarity
- Increased ability to be present

Psychological Benefits

- Improved sleep
- Reduced anxiety & negative affect
- Reduced depression
- Increased feelings of well being
- Improved coping skills

Tiffany Fields 2014

Body Structures

Body structures are the 'anatomical parts of the body such as organs, limbs, and their components.

American Occupational Therapy Association 2008

Effects of Yoga on Body Structures

- Promotes the flow of synovial fluid
- Strengthens joints
- Weight Loss
- Increased flexibility
- Increased muscle strength and tone
- Improved athletic performance
- Protection from injury
- Improve skeletal alignment
- Improves the cellular quality connective tissues; tendons, ligaments, and muscle fascia.

Mohan & Mohan 2004



Yoga Philosophy
Yoga and her sister science **Ayurveda**

Ayurveda

Ayurveda is an ancient health care tradition that has been practiced in India for at least 5,000 years.

http://www.chopra.com/ccl/what-is-ayurveda#sthash.oluQGjCU.dpuf

Five forms of matter

- Earth: Earth is considered a stable substance.
- Water: Water is a substance without stability.
- Fire: Fire is considered a form without substance.
- Air: Air is existence without form.
- Ether (space): The chief characteristic of ether is sound. Here sound represents the entire spectrum of vibration.

Doshas

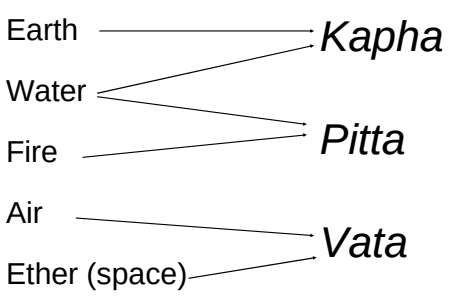
your unique nature

Vata~Pitta~Kapha

Each of three energies believed to circulate in the body and govern physiological activity.

Three bodily humors that make up one's constitution.

Three Doshas



Dosha Test

Take the test as you are today.

Take again as you were in high school.

http://www.naturesformulary.com/contents/dosha-test#results

Observation	Vata	Pitta	Kapha
Body Size	Thin build	Medium build	Large build
Body Weight	Low	Medium	Heavy side
Weight Change	Trouble gaining	Can gain but lose quickly	Gains weight easily, hard to lose
Physical Activity	Always active	Moderate	Slow, measured
Mental Activity	Always active	Moderate	Calm
Personality	Vivacious, talkative, social, outgoing	Likes to be in control, intense, ambitious	Reserved, laid back, concerned

Health is a unique state of balance.

At birth we begin to shift out of balance.

~

Our goal is to return to our most perfect state of imbalance



Prakriti~Vikruti

Conception Prakriti	Birth	Teen Years	Middle Age	Later Life
Perfect Balance	Nurturing	Hormonal Changes	Work	Social involvement
	Family	Peer pressure	Stress	Physical health
	Emotional	Diet	Environment	Financial stability

Case Study

- 84 y.o. widowed male; lives alone in private home
- Cardiac Rehabilitation
- s/p multiple bypass & cardiac cath./stints (2013) (40 year history)
- Severely occluded Aorta
- COPD



Dosha Pitta w/ Kapha imbalance

Vata 13-Pitta 10-Kapha 22



2015
84 y.o.

Vata 12-Pitta 28-Kapha 3



1952
22 y.o.

Dosha Imbalance

Kapha- An excess of kapha leads to an over abundance of density.

Pitta- An excess of fire physically and emotionally.

Vata- When out of balance the issues center in the mind.

Client's Dosha Imbalances

Goal: Decrease Kapha; Increase Pitta; Vata Balanced

22 Years	84 Years
Vata 12	Vata 13
Pitta 28	Pitta 10
Kapha 3	Kapha 22

Five Koshas

The Koshas are the facets or levels of the individual.



Five Koshas

- **Physical Body** (Annamayakosha) relates to all of the systems of the physical body
- **Energy Body** (Pranamayakosha) the subtle energy system of the body,
- **Psycho-emotional Body** (Manomayakosha) the basic human drives and emotional responses.
- **Wisdom Body** (Vijnyanamayakosha) discriminative wisdom and intuition.
- **Bliss Body** (Anandamayakosha) the true Self. Beyond personality.

Client's Kosha focus

- Physical (Annamayakosha) Yoga postures to increase mobility and strength for completion of ADL/iADL.
- Energy (Pranamayakosha) Yoga postures to improve endurance for completion ADL/iADL.
- Psycho-emotional (Manomayakosha) decrease depression, increase social involvement and relieve stress.
- Wisdom (Vijnyanamayakosha) improve concentration and memory.
- Bliss (Anandamayakosha) explore spirituality, values and beliefs.

Chakras energy centers in our body in which energy flows through.



ttp://www.mindbodygreen.com/0-91/The-7-Chakras-for-Beginners.html

Client's Chakra Blockages

- Sahasrara (7th) he is beginning to question what comes next, loss of his wife, near death and death experiences, he is questioning religion vs spirituality.
- Ajna (6th) memory loss, intellectual response.
- Anahata (4th) heart function, respiratory (COPD)

Balance Langhana/Brahmana

- Langhana- to reduce, decrease, slow down. Relax the nervous system, cool the body, calm the mind. Bring the body under the control of the parasympathetic nervous system.
- Brahmana- to expand, increase. To speed up the metabolism, stimulate the nervous system and create sympathetic nervous system control. Warm the body, increase respiration, and activate the mind.



Building a Therapeutic Practice

Types of Yoga Practices

- Breath practice
- Postures
- Restorative
- Yoga nidra or "yogic sleep"
- Meditation

Postures: Warrior I





Warrior II





Chair Pose





Rotation





Legs up the wall



Types of pranayama

- **Bhastika Pranayama**- Bellows breath; 4 part belly breath.
- **Udgeeth Pranayama**- Chanting breath; slow controlled, audible exhale.
- **Kapalbhati Pranayama**-Breath of Fire; Forceful, rhythmic exhale.
- **Anuloma Viloma Pranayama-** alternate nostril breathing.

Meditation

The term *meditation* refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion.

https://en.wikipedia.org/wiki/Meditation



Many paths,
one destination.

Client's Yoga Practice

Hatha Practice: Chair Yoga

- Warrior 1 Standing
- Warrior 2 standing
- Chair Posture

Restorative postures



Pranayama Breath Practice

- Bellows breath (Bhastika Pranayama)
  4 part belly breath.
- Chanting breath (Udgeeth Pranayama)
  slow controlled, audible exhale.

http://medind.nic.in/iac/t06/i2/iact06i2p98.pdf

Meditation

Keep your head where your hands are.

Trataka- candle gazing.

Summary

Yoga, utilized as an evidenced based therapeutic modality, can have a positive effect on the client both physiologically and psychologically.

By developing a treatment plan which includes therapeutic yoga activities, client factors can be addressed for variety of populations with various &/or multiple diagnosis, as they relate to a variety of occupations.

By gaining an understanding of the philosophical foundations of yoga and Ayurvedic principles, we are able to better direct treatment approaches utilizing yoga therapeutically.

Questions/Comments

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Additional Reading & Resources

- Never Give Up; Arthur's Story https://www.youtube.com/watch?v=qX9FSZJu448
- International Association of Yoga Therapists http://www.iayt.org
- National Center for Complimentary and Integrative Health www.nccih.nih.gov
- Yoga Journal www.yogajournal.com
- Yoga Alliance https://www.yogaalliance.org
- Yoga Research, Tiffany Fields, 2014
- Integrative Yoga Therapy:Yoga Toolbox; Joseph & Lillian LePage 2005
- Yoga Therapy: a guide for Therapeutic use of yoga and Ayurveda for health and fitness, A.G & Indra Mohan, 2004
- Yoga as Medicine; Timothy McCall MD, 2007
- http://www.mindbodygreen.com/0-91/The-7-Chakras-for-Beginners.html
- Chopra Center http://www.chopra.com/ccl/what-is-ayurveda
- Role of Pranayama in Rehabilitation of COPD http://medind.nic.in/iac/t06/i2/iact06i2p98.pdf
- American Occupational Therapy Association 2008

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Yogendra J, Yogendra HJ, Ambardekar S, Lele RD, Shetty S, Dave M, et al. Beneficial effects of yoga lifestyle on reversibility of ischaemic heart disease: caring heart project of international board of yoga. J Assoc Physicians India. 2004;52:283–9. [PubMed]

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Raub JA. Psychophysiologic effects of hatha yoga on musculoskeletal and cardiopulmonary function: A literature review. J Altern Complement Med. 2002;8:797–812. [PubMed]