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Yoga Therapy for Treatment of Schizophrenia

Date: October 3, 2016

Time: 1200 hrs – 1245 hrs

Schizophrenia is a chronic mental illness which causes significant distress and dysfunction. Yoga has been found to be effective as an add-on therapy in schizophrenia. Ancient yogic literature and modern scientific research were reviewed to develop the conceptual basis and yoga therapy module for Schizophrenia. The module focused on bringing stability of mind, enhancing cognition, reducing stress and preventing anti-psychotic induced side effects. This Integrated Yoga module included dynamic asanas, kriyas, pranayama and relaxation techniques. Meditation was avoided.

The presentation in the conference gives an overview of the conceptual framework and the results of applying this module of specific generic yoga-based intervention module for patients with schizophrenia.