

Dr. R. Nagaratna

Yoga as Evidence Based Life Style Intervention for NCDs

Non-communicable disease (NCD) is a medical condition or disease that is non-infectious or non-transmissible. NCDs can refer to chronic diseases which last for long periods of time and progress slowly.

Date: October 3, 2016

Time: 1425 hrs – 1510 hrs

It is known that most NCDs are caused by disturbed life style (wrong diet, lack of physical activity, bad habits like alcohol, and smoking and psychological stress) that unfolds the genetic tendency. Hence there is a need for a holistic approach offered by yoga based life style changes for handling these problems. There is substantiating research evidence available today explaining the health benefits of yoga.

S-VYASA's research over the past thirty years has brought out the complimentary role of yoga in NCDs. Our journey started in December 1979 with the first outpatient yoga camp for people with asthma in Bengaluru. About 600 asthmatics were followed up over 54 months with a publication in *BMJ* (1985) and *Jo Asthma* (1986) that showed significant reduction in medication requirement (80%) with increased PFR. Since then several randomized controlled trials (funded by AYUSH and/or institutional) have been published in indexed peer reviewed journals on NCDs including asthma, diabetes, coronary artery disease, anxiety neurosis, breast cancer, premenopausal syndrome, PCOS, osteoarthritis of knee, chronic low back pain, COPD, schizophrenia, IBS, HIV, and also normal and high risk pregnancy. Several collaborative researches have added more evidence: e.g. collaboration with MDACC, Houston USA- RCT on integrated yoga during

radiation treatment in breast cancer patients (one completed and one ongoing). Over the past five years physiotherapy, naturopathy and ayurveda have been effectively integrated in our clinical protocols for NCDs. The experiences and results of this integration will be presented and discussed in the key note.