

## Conference Report

### **“Need for Integration of Yoga in Healthcare”: Conference Held on 3<sup>rd</sup> International Day of Yoga - 2017 at Kolar, India**

Yoga is being practiced by since ancient times in its diverse hues and forms. Wide ranging evidence based studies are available which unravel the benefits of yoga in either alleviating certain illnesses or as an adjunct therapeutic modality for chronic diseases. The Government of India has launched the National AYUSH Mission with the objectives of providing cost effective AYUSH Services (including yoga), with universal access. It has also been classified by the National Institutes of Health (U.S.A) as a form of Complementary and Alternative Medicine (CAM).

To mark the Third International Day of Yoga (21 June 2017) a daylong conference on 28<sup>th</sup> June 2017 with the theme “Need For Integration Of Yoga In Health Care” was organized by Department of Integrative Medicine, Sri Devaraj Urs Academy of Higher Education and Research, (SDUAHER), Kolar in collaboration with the Department of General Medicine, Sri Devaraj Urs Medical College (SDUMC) Kolar on 28<sup>th</sup> June 2017 at the University Auditorium, SDUAHER, Kolar, Karnataka, India. Distinguished experts from relevant academic fields deliberated on the intricate relationship between Yoga and bio medicine in the context of health care today.

Chief Guest Dr. B. N. Gangadhar, Director, NIMHANS (National Institute of Mental Health and Neuro Sciences), Bengaluru, Karnataka inaugurated the conference by watering the Tulasī plant. The inauguration was attended by faculty of SDUAHER and SDUMC, and delegates from regional and national institutes. Dr. Prabhakar.K, Prof. and Head, Dept. of General Medicine, SDUMC in his welcome speech briefed the need for integration of Yoga in healthcare as an exigency and the role of Yoga in managing diseases such as diabetes, stress and hypertension, CAD, obesity etc. Dr. Nitin Patil, presented the report on various activities (Competition-Essay, poster, Guest Talk, Yoga Rally, Mass Yoga, outreach activates) conducted by the University to celebrate the International Day of Yoga – 2017.

Dr. Nitin Patil, from the Dept. of Integrative Medicine in his talk stated that Yoga has emerged as one of the evidence based Complementary and Alternative Medicine. He was of the opinion that Yoga was a multidimensional, holistic approach, that has proven beneficial in both prevention as well as treatment of many chronic ailments. He also informed that the National Institutes of Health (NIH) of United States has initiated National Centre for Complementary and Integrative Medicine (NCCIM) to enrich Yoga.<sup>[1]</sup>

Dr. B.N. Gangadhar, Director NIMHANS, Bengaluru in his address stated the importance of Sudharshana Kriya

in managing various diseases. He stated that India records highest number of heart disease cases which is the leading cause of mortality. He attributed unhealthy lifestyle, urbanization, globalization, intake of processed food and lack of health education to be some of the causes. He also presented a summary of recent advancements in the field of Yoga and Mental Health and research work progressing at NIMHANS.<sup>[2,3]</sup>

Dr. Prabha Adhikari, Professor and Head, Dept. of Medicine, Yenepoya Medical College, Mangalore, spoke on the topic ‘Yoga in Geriatric Practice – Lesson learnt from my experiments’. She emphasized the therapeutic importance of Yoga in treating geriatric patients with age related disorders such as depression, anxiety, insomnia and fear. She presented the research outcomes of yoga and diaphragmatic breathing in improving glycemic parameters, BMI and quality of life. She was of the view that in the recent past, many older adults were turning to complementary and integrative health approaches, often because it was a healthy self-empowered approach to well-being.<sup>[4]</sup>

Dr. Sreeranjini Jaideep, Clinical Registrar, M.S. Ramaiah Indic Center for Ayurveda and Integrative Medicine, Bengaluru, spoke about integration of Ayurveda in healthcare and appraised the audience of some of her research in the field of Ayurveda and Conventional Medicine and reiterated integrative medicine to be the need of hour.<sup>[5]</sup>

Dr. Prabhakar K. Professor and Head, Dept. of General Medicine, SDUMC, Kolar presented his thoughts about ‘Yogic management of Non communicable Diseases’. Here he presented the evidence behind different mechanisms by which yoga modifies disease progression. He also shared his personal experience of integrating Yoga in clinical practices. The 2012 NHIS survey (US) found that approximately 21 million adults (nearly double the number as compared to 2002) and 1.7 million children practiced yoga.<sup>[6-8]</sup>

Dr. K.N.V. Prasad, Prof and HOD of Pediatrics, SDUMC, Kolar, Karnataka, spoke about “Integration of Yoga in Child Health”. He spoke about origin and evolution of Yoga and its application in preventing rather than treating diseases. He applauded the benefits of Yoga such as reduced stress, anxiety, depression, physical fitness in school going children. He put forth various studies briefing the beneficial role of Yoga in adolescents and the need to incorporate Yoga in school curriculum.<sup>[9]</sup>

A Panel discussion was chaired by Dr. V. Lakshamaiah, Prof. of Medicine, SDUMC, addressing questions from the audience; he emphasized the need for incorporating Yoga in Diabetic care as a complementary therapy. Dr. Prabhakar K. while answering an audience question, recounted that India has a high prevalence of type 2 diabetics and that to be the leading cause of death and disability. He said that a holistic approach was imperative for its better management. Dr. S.R. Prasad, Director, PG Studies, SDUMC, Kolar, while addressing the gathering, described Yoga as a way of life that brings positive lifestyle changes. He also stressed as to how Yoga is an inexpensive and feasible therapy that can be a valuable adjunct to conventional medicine. Dr. Nitin Patil recalled “SAMANVAYA 2013 – a conference on alternative medicine”,<sup>[10]</sup> which marked the integration of CAM with conventional medicine at SDUAHER. Dr. Sreenivas S.V., Associate Prof. of Medicine, SDUMC, Kolar presented the vote of thanks and the conference ended with *śānti mantra*.

India has immense potential to become a global leader in evidence based integrative medicine, as it already has both established AYSUH systems of medicine and conventional medicine. There is ample opportunity to further research on AYUSH to explore the grey areas of healing.

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### Conflicts of interest

There are no conflicts of interest.

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