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Conference Report

‘Yoga for Lifestyle Diseases’: Conference held on 2nd International Day of Yoga-2016 at Kolar, India

Yoga is an ancient Indian philosophy and science, having its roots spread over 5000 years. Yoga is a blend of physical and mental practices that makes the body stronger and healthier, the mind calmer and more in control, which in turn leads to spiritual consciousness. Maharshi Patanjali, a great Indian sage first codified Yoga in the treatise ‘Yoga darshana’ (Yoga Sutra), states Yoga as “the cessation of movement in the consciousness” (‘Yogah chitta vritti nirodhah’ in Sanskrit), i.e. the restraining of the fluctuations of the consciousness. Yoga emphasizes not only the relationship of body with breath and mind but also their harmonization. Recent advances in the field of Yoga research across the world have acknowledged its benefits in prevention, cure and promotion of health benefits, especially for lifestyle and psychosomatic ailments. In the 69th United Nations General Assembly, Yoga received official International recognition by endorsing 21st June as the International Day of Yoga (IDY).

To mark the 2nd IDY (21st June 2016) occasion, a conference on ‘Yoga for Lifestyle diseases’ was hosted by Sri Devaraj Urs Academy of Higher Education and Research (SDUAHER) comprising Sri Devaraj Urs Medical College (SDUMC) under the aegis of Sri Devaraj Urs Educational Trust (SDUET) for Backward Classes, Kolar, is a Deemed to be University declared Under section 3 of UGC Act, 1956, MHRD, Government of India. This conference was supported by Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi, Ministry of AYUSH, Govt. of INDIA.

Chief Guest Dr. Prabhavathi, Professor of Cardiology, Sri Jayadeva Institute of Cardiovascular Sciences & Research, Bengaluru, India inaugurated the conference ‘Yoga for Lifestyle Diseases’ by lighting the lamp. The following dignitaries were in attendance: Dr. S. Kumar, Chancellor, SDUAHER, Mr. G.H. Nagaraja, Secretary, SDUET, Dr. A.V.M. Kutty, Registrar, SDUAHER, Dr. M.L. Harendrakumar, Dean Faculty of Medicine & Principal, SDUMC, Dr. Prabhakar K. Professor and Head Department of General Medicine and Dr. Nitin J. Patil, Program Coordinator and In-charge, Department of Integrative Medicine, students, staff from nearby medical, nursing and allied health sciences colleges and delegates from all over India.

Dr. V. Lakshmaiah Medical Superintendent, R.L. Jalappa Hospital, Kolar, India in his welcome speech pronounced role of Yoga as the need of the hour in managing newly emerged non-communicable

diseases (NCD) like diabetes, hypertension, coronary artery diseases (CAD). DR. A.V.M. Kutty, Registrar, briefed report on various activities conducted by the Academy to celebrate the IDY-2016 and thanked the CCRYN, New Delhi support.

Mr. G. H. Nagaraja, Secretary, SDUET, in his guest speech, enumerated various benefits of Yoga. In addition to endorsing Yoga for disease management, he went on and further emphasized its role in lifestyle, and said that the theory and practice of Yoga should be introduced into primary school education curriculum.

Dr. S. Kumar, Chancellor, SDUAHER, in presidential address said that, lifestyle diseases are on the rise even in rural population; India must take the lead in Yoga and Ayurveda research. Otherwise the days are not far, when we may need to follow Western guidelines to practice our own traditional medicines.

Dr. Prabhavathi, Professor of Cardiology, Sri Jayadeva Institute of Cardiovascular Sciences & Research, spoke on topic ‘Role of Yoga in Hypertension and Cardiovascular diseases’. She said, India has highest rate of heart diseases which is the leading cause of mortality. Unhealthy lifestyle, urbanization, globalization, processed food, and lack of health education are responsible for this. She emphasized the present need to inculcate Yogic lifestyle, and presented recent scientific advancements in the field of Yoga and CAD research.

In inaugural session, Dr. Nitin Patil, Assistant Professor and In-charge Department of Integrative Medicine spoke on “Yoga therapy – An evidence based Complementary and Alternative Medicine (CAM)”. He said Yoga has emerged as a CAM: a multidimensional, holistic approach, proving to be beneficial in both prevention as well as treatment in NCD. Further, National Institute of Health of United States has initiated National Centre for Complementary and Integrative Medicine (NCCIM) to work towards this. Of note in this regard, 75% of US adults have used some form of CAM in the recent years and this is only a beginning.

In the second session Dr. Bindu M. Kutty, Professor and Head, Department of Neurophysiology, National Institute of Mental Health & Neurosciences, Bengaluru, India, spoke on effects of meditation on brain plasticity and how Vipasana Meditation helps bring about changes in REM–sleep organization. She also highlighted that enhancement alpha waves (index of relaxation) and theta waves in EEG during Meditation. Theta was greater in frontal and temporal regions. Studies have shown an increase in cortical thickness after long term practice of meditation.

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In the third session Dr. Thimmappa Hegde, Director, Narayana Institute of Neurosciences, Bengaluru, India, spoke on “Discovering Purpose” stressed to be a light unto oneself. He quoted a sloka from Geetha (Chapter 2 – Samkhya Yoga – Sloka 62):

Dhyayato vishayan pumsah sangah teshu upa jayate ||
Sangat sanjayate kamah kamat krodhah abhijayatell

i.e. A man thinking of material-objects, develops attachment to them; from attachment arises desire; from desire arises anger. Subsequent to anger comes delusion. Delusion is loss of discrimination between what ought to be done and what ought not to be done. This results in the failure/loss of memory, when one strives again to control the senses.

In last scientific session, Dr. Prabhakar K. Professor and Head, Department of Medicine, SDUMC, Kolar, India, spoke on “Yoga management of Type 2 Diabetes Mellitus (T2DM)”. Both short term and long-term studies have confirmed the utility of yoga in the control of T2DM. The beneficial effect of yoga has been attributed to increased insulin sensitivity at target tissues which decreases insulin resistance and consequently increases peripheral utilization of glucose. Also there is a beneficial effect on the co-morbid conditions like hypertension and dyslipidemia. Low -cost strategies to identify at risk individuals and implementation of inexpensive lifestyle interventions like yoga are the best options.

A Panel discussion was conducted on theme of the conference under the chairmanship of Dr. V Lakshmaiah, while addressing the audience questions; he emphasized the need of incorporating Yoga in Diabetic care as a complementary therapy. Dr. Prabhakar K. said that India has the second highest number of type 2 diabetics in the world, and that diabetes is the leading cause of death and disability. Further, he stressed that holistic approach with Yoga as its mainstay is the need of hour to counter T2DM. Dr. Rachegowda, Deputy Medical Superintendent, RL Jalappa Hospital, Kolar, India while answering audience questions, narrated Yoga as way of life which brings the positive lifestyle changes that plays important

role in suppression of lifestyle diseases. Yoga is an inexpensive and feasible therapy that can be accommodated in the present conventional medicine, he said. Dr. Suresh TN, Coordinator, Department of Research & Development, addressed the medical students and emphasized the ample of opportunity in A-AYUSH (Allopathy, Ayurveda, Yoga, Unani, Siddha and Homeopathy) research, as it is a gray area that needs to be explored. Dr. Nitin J. Patil recalled earlier conferences, highlighted that, India has a potential to become global leader in evidence based integrative medicine, as it already has both established AYUSH systems of medicine and conventional medicine.

Dr. Raveesha A. presented vote of thanks and the conference ended with Shanti Mantra.

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