



## Development of yogic inventory based on classical yoga for cancer and palliative care

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### Abstract

**Objective:** The purpose of this study is to develop an Inventory in Yoga and lifestyle for prevention, treatment and rehabilitation of cancer patients based on concepts of Patanjali Yoga Sutra

**Background:** Universal Yoga Consciousness is an institution which promote classical Yoga Tradition and provide treatment to various diseases based on Yoga and systematic procedure of purification of body and mind, integrative yoga therapy module, correcting functions of vayus in the body. During the last 3 decades we have provided treatment to quite a lot number of breast, bone, prostate, lymphoma and stomach cancer patients based on the experience of treatment given to patients, we have developed a cancer treatment inventory based on programme 'AMRUTHAM GAMAYA' journey towards eternity which is purely based on Classical Yoga.

**Keywords:** yoga, cancer, inventory

### 1. Introduction

The World Cancer Report tells us that cancer rates are set to increase at an alarming rate globally Cancer rates could further increase by 50% to 15 million new cases in the year 2020. This can be effectively addressed by Yoga Therapy and lifestyle programme as a supplementary and complementary therapy to prevent manage and rehabilitate<sup>1</sup>. It also promote the qualitative life by a refined internal ecology and enhance psycho-neuro-endocrinal immunity. Yoga as and in therapy can address the root cause at the epigenetic level through a systematic and experiential oriented Yoga inventory<sup>2</sup>

The entire Yogic Intervention help to sublimate all Vasanas (instincts) and Samskharas (inherited and accumulated impressions of various incidents) and Avidyas (ignorance or false know ledges) which are having natural negative impacts on human system and functions and leads to develop disease like cancer. Yoga Inventory can acts in Prophylactic, Therapeutic and Rehabilitation stages of cancer treatment. Practice of Yoga Therapy will redefine the epigenetic modification of the cancer cells and to create internal ecology to develop holistic genome in order to prevent various inherited diseased conditions. Inventory and lifestyle programe of Yoga helps to establish purity, harmony and co-ordination in physical, physiological, emotional and spiritual existence of human which helps to create special energy status to arrest mutation and epigenetic abrasions to accelerate recover in the cancer patients.

### 2. Methods

Maharshi Pathanjali in Samadi pada of his Yoga sutra, in 28<sup>th</sup> versa rightly said that,  
'Yagamganustanad asuddiksaye jnanadiptiir vivekakyateh'  
'Yaga+amga anustanad + asuddi-ksaye jnana -diptiir + viveka-khyateh'

Which means, by the systematic practice of eight limbs of yoga can ensure weakening of the impurities in the epigenetic conditions (which leads to cancer). Yoganga anuataana also ensure to develop special intelligent knowledge to psychophysiology at groser level of human existence and develops the ability to discriminate and arrest the possibilities of cell mutation in the human body. Ashudi in the gene factors which toxify, redefine rejuvenated condition of genome which helps the individual free from all the identical cause factors which have the possibilities of various disease and disorders.

Yogic Intervention and Life style modifications for the prevention, treatment and rehabilitation of cancer patients consider various aspects including the individualistic as well as holistic approach. The Intervention includes

Stress management	Kapalabathi	Pranayama
Refining the Diet	Relaxation Training	Meditation
Group interaction	Nature communication	Yoga Nidra
Mantra Japa	Katharsis	Devotional Practice
Group and Family Support	Spiritual Practices	modified food practice

This Yogic Inventory were introduced to cancer patients along with their regular medication and treatment as a supplementary and compliment therapy

### 4. Results

Nine cancer patients underwent this programme along with their regular medication and chemo therapy based on this Yogic Inventory and lifestyle modifications. During the period recovery phases and found to be accelerated. Some of the conditions found in the patients shows tremendous improvement which includes deep and sound sleep of patients, regular bowel defecation, sense of cheerfulness, improved

social interaction, reduced the intensity of pain due to transcendental state of mind, anxiety and depression is reduced. Psycho neural endocrinal immune system shows improvement in functional level.

## 5. Conclusion

Yoga sadana certainly created a homeostatic ecology and enhance psycho neuro endocrine immune system to prevent, manage and rehabilitate the cancerous conditions in the patients. This inventory can further develop through systematic research and experiential study.

## 6. Reference

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