



The physio-yoga: A review

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Abstract

Background

- To create awareness among people regarding Physio Yoga.
- The aim of this paper is to indicate potential development prospects within the physiotherapeutic process due to such “conceptual enrichment” and how it would enhance the patient’s sense of well-being and the physiotherapist’s holistic approach.

Methodology: The author conducted a comprehensive search of open access articles of major scientific databases including PubMed, Scencedirect, EBSCO, SCOPUS, Web of Science, shodhganga, Google Scholar etc. Ten significant scientific studies were found relating to the PhysioYoga. Five studies were selected based on inclusion criteria.

Results: The key benefit is an overall state of health and well-being.

Conclusions: The Physio-Yoga practice leading to positive health influences in terms of cardio-pulmonary, orthopaedic, Gynaecological and neurological functions.

Keywords: yoga, physiotherapy, conceptual enrichment, multidimensionality

Introduction

- PhysioYoga therapy is a type of rehabilitation therapy that combines two branches of paramedical/Allied science together i.e. Physiotherapy (Synonymous with ‘Physical Therapy’) & Yoga Therapy.
- Yoga, as rehabilitation therapy and a way of maintaining and promoting wellness, its excellent example of the mind body connection.
- We use the concept of Patanjali’s Yoga Darshan by Patanjali Maharshi and the techniques from various Hatha yoga (Hathapradeepika, Gheranda Samhita, Goraksha Samhita etc).
- Raja Yoga of Ashtanga Yoga gives the mental & spiritual upliftment and physiotherapy provides physical fitness. So the union of yoga and physio provides complete health and wellness.

“Yoga is the path. Physiotherapy is the mean....”

Definition

Physio-Yoga is the emerging preventive and rehabilitation health care therapy that combines both evidence – based physiotherapy and ancient yoga philosophies resulting in more holistic approach.

{According to Aayushman: Physio-Yoga (2017)}

One of the best definition of Yoga given by Swami Gitananda Giri is that it is a ‘Way of Life’. It is not

something you do for 05 minutes in a day or 20 minutes a day. It is indeed a 24*7*365 lifestyle.

- The International Association of Yoga Therapist (IAYT) was founded in 1989 and has continued to evolve as an organisation that supports research and education in yoga, and serves as a professional organization for yoga teachers and yoga therapist world wide.
- PhysioYoga have their own affined ways of providing therapeutics therapy to their patients. Now is an era of multidisciplinary approach for treating any disease but includes a mixed form of the best therapeutic options for achievable the required outcomes for a patients.
- A mixed form of these two holistic approach and fulfilling experience in a rehabilitation procedure. It is a meticulously selected protocol for the specifically of an individual desire and targeted to the distinct direction notching for treatment.

The Physio-Yoga makes a patient/client more actively besmeared in their healing process rather than solely going for more passive way of getting their disease/illness treated by any therapist.

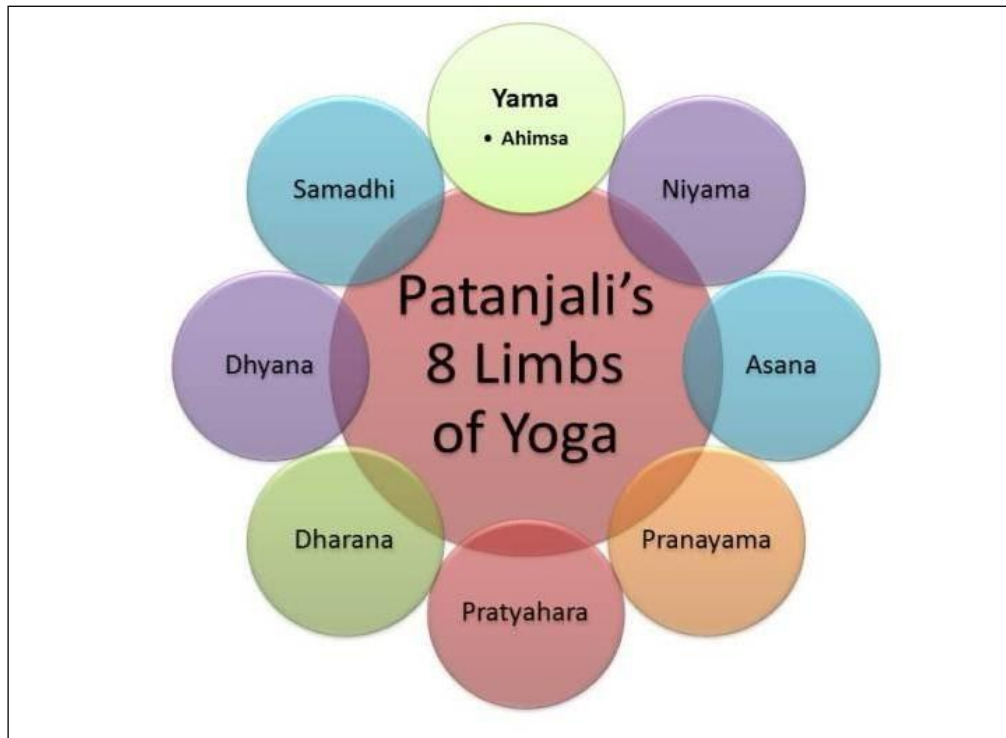


Fig 1

Benefits of Physio-Yoga

1. Stress relief-works as relaxation therapy.
2. For back pain.
3. For all joint pain.
4. For tension headache.
5. Improvement of respiratory and cardiovascular function.
6. Helpful in the management of conditions like Hypertension, Arthritis, Insomnia and many more.

“PhysioYoga for the person, not the diagnosis”.

- All aspects of life physical, mental, energetic, intellectual and universal are unified through the practice of PhysioYoga. Also might be described as the science of right-use-ness, i.e of using our body, emotions and brain responsibly and in the most appropriate manner.

Materials and Methods

Study Design

Narrative Study/Literature Review

Source of Data

PuBMed, SCIENCEDIRECT, EBSCO, SCOPUS, Web of Science, shodhganga, Google Scholar.

Results and Discussion

PhysioYoga is an overall state of health and well-being. By many available literature including systematic review concluded that – it is an indicated a positive effect of Yoga in reducing stress symptoms.

Limited data was available about the physiotherapy as a mixed form/approach with specific intervention for particular conditions.

Future Scope

As a holistic approach PhysioYoga is going on high-demand as a selected protocol on the basis of effectiveness and outcomes, ease of performance in terms of patients/ client as Home Program Exercise (HPE) especially in healthy adult population.

Conclusion

The PhysioYoga practice leading to positive health influences in terms of cardio-pulmonary, neurological function, gynecological function and orthopedic. It could be of great benefit for the physical therapists to treat their patients in a holistic way.

The ultimate aim of any health care provider is to work in the best interest of their patients. It is a meticulously selected protocol of yoga and physical therapy can benefit them more than these therapies given alone and then why not go with it. As someone is correctly said “Well Begun Is Half Done”.

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