

Back pain

Causes

- Strained muscles
- Strained ligaments
- Lifting something improperly
- Lifting something that is too heavy
- The result of an abrupt and awkward movement
- A muscle spasm.
- More driving
- Improper sitting position
- A mentally stressful job

Back pain

- Pregnancy - pregnant women are much more likely to get back pain
- A sedentary lifestyle
- Anxiety
- Depression
- Obesity/overweight
- Strenuous physical exercise (especially if not done properly)
- Strenuous physical work.
- Abdominal muscles weakness
- Riding too much in two wheelers or bus or car

Treatment

- Tadasana
- Ardha kati cakrasana
- Ardha cakrasana
- Bhujangasana
- Salabhasana
- Khandharasana and Advatasana
- Avoid forward bending asanas
- Lumbar stretch exercise
- Savasana

Neck pain/ cervical pain

Causes

- sleep in an awkward position,
- using of thick pillow
- use a computer for a prolonged period of time, or strain a muscle because of bad posture.
- Anxiety and stress can also sometimes cause tension in your neck muscles, which can lead to pain in your neck.

Neck pain / cervical pain

Treatment

Neck exercises + spl

Shoulder rotatdown ion + up & + tata + chair
press

Bhujangasana

Salabhasana

Thyroid hypo / hyper

CAUSES

- Problems with the thyroid include overactive thyroid, or hyperthyroidism, and underactive thyroid or hypothyroidism.
- The thyroid gland in the neck makes hormones to help regulate the body's metabolism and a person's growth.
- The most common cause of hypothyroidism is Hashimoto's thyroiditis, an autoimmune condition where the body makes antibodies that destroy parts of the thyroid gland.

Thyroid - causes

- Surgical removal and certain medications (e.g., amiodarone, lithium) can also cause hypothyroidism.
- Other causes of hypothyroidism include pituitary problems, hypothalamus problems, and iodine deficiency.
- Some babies are born with hypothyroidism - this is called congenital hypothyroidism.

Thyroid

- Treatment

- Neck exercise @ Tongue exercise
- Jalendra bhandha @ Eye exercise
- Mula bhandha @ Sarvangasana
- Matsyasana @ Khandharasana
- Vruksasana @ Shasangasana
- Jala neti @ Vamana Dhouthi
- Nati suddhi @ Brahmari
- Sithali @ Sitkari @ Satanta @ Ujjayi

Head ache -- causes

- Prolonged tension or stress - Tension headaches
- Psychological factors such as anxiety, fatigue (e.g., eyestrain), and stress (e.g., long periods of concentration)
- Neck strain (e.g., working on a computer for prolonged periods)
- Migraines are generally more severe
- Sinusitis head ache
- Eye sight problem

Head ache -- Treatment

- Jala Neti @ Eye exercise
- Shasangasana
- Pranamasana @ sarvangasana
- Matsyasana @ Savasana
- Kapala bhathi
- Bhastrika @ Nadi suddhi

Excessive Sweating in the hands (Hyperhidrosis)

- Neurologic, metabolic, and other systemic diseases can sometimes cause this
- Emotions – Anxiety

Treatment

- Hands exercise
- Utthitha padmasana or hand balancing posture
- Nadi suddhi @ Sithali

Common cold, Nasal allergy, Sinusitis

Causes

- Viral infection @ hyper reaction of nose

Treatment

Jala neti

Breathing exercise

Pranayama

Shasangasana

Sarvangasana

CONSTIPATION

Causes

- Dairy products / Eating too much of junk food
- Foods high in fat and sugar
- Lack of [high-fiber foods](#) (like fruits, vegetables, and whole grains)
- Lack of water and other fluids
- Alcohol or caffeine
- Lack of exercise
- Medications

CONSTIPATION

CAUSES

- Stroke
- Parkinson's disease
- Spinal cord injury
- Hypothyroidism (underactive thyroid)
- Pregnancy
- Diabetes
- TRAVELLING

CONSTIPATION

TREATMENT

- MORE FIBER FOOD
- DRINK MORE WATER
- BETTER TO AVOID TEA / COFFEE
- YOGA – TADASANA
 - PAVANAMUKTHASANA
 - BHUJANGASANA
 - SALABHASANA
 - SASANGASANA
 - VAKRASANA

KNEE PAIN

CAUSES

INJURY- LEGAMENT TARE.

ARTHRITIS

OVER WEIGHT

TREATMENT

ST.LEG RAISE

CALF MUSCLE EXRCISE

TADASANA

ANANDASANA

LOSS OF SLEEP

CAUSES

LIFE STRESS

ILLNESS

EMOTIONAL OR PHYSICAL DISCOMFORT

ENVIRONMENTAL FACTORS LIKE NOISE, LIGHT

ANXIETY

DEPRESSION

LOSS OF SLEEP

TREATMENT

JALA NETI

BREATHING EXERCISES

SURYA NAMASKAR

ASANAS - SAVASANA

PRANAYAMA - ABDOMINAL BREATHING

KAPALABHATHI

NADI SUDDHI

BRAHMARI

SITHALI

OBESITY

CAUSES

CALORIES IMBALANCE (OVER EATING)

INACTIVE LIFE STYLE (LACK OF EXERCISE)

GENES AND FAMILY HISTORY

HORMONE IMBALANCE (THYROID)

MEDICINES

SMOKING

AGE FACTOR

PREGNENCY

LACK OF SLEEP

OBESITY

TREATMENT

SURYA NAMASKAR

ASANAS – DHANURASANA / SASANGASANA

HALASANA / CAKRASANA

VAKRASANA

SARVANGASANA / MATSYASANA

PRANAYAMA – SURYA ANALOMA VILOMA

NADI SUDDHI

TONSILITIS

CAUSES

BACTERIAL OR VIRAL INFECTION

TREATMENT

SARVANGASANA / MATSYASANA

SIMHASANA

KHANDHARASANA

PRANAYAMA – BHIRAMARI

UJJAYI

SHORT SIGHT / MYOPIA

CAUSES

VITAMIN 'A" DEFICIENCY

STRESS – OVER STRAIN

TREATMENT

EYE EXERCISE AND RELAXATION

FORWARDING ASANAS

MEMORY AND YOGA

Recording AND Recollecting RECORDING

- Grey matter - FORWARD BENDING ASANAS
- Reprinting - REVISION TEST
- Calm mind / concentration - MEDITATION, NADI SUDDHI
VRUKSASANA
- Interest - SUBJECT INTEREST
INTEREST IN LIFE
PHYSICAL HEALTH IS THE BASE FOR
INTEREST

MEMORY POWER AND YOGA

RECOLLECTING

INTEREST - PHYSICAL HEALTH

CALM MIND - MEDITATION

CONCENTRATION-

DIARY WRITING -EXERCISE TO MEMORY POWER

ANXIETY - SAVASANA, PRANAYAMA

ASANAS

GI PROBLEMS

THE GI PROBLEMS INCLUDE

(indigestion, gastritis, acidity ,ulcer)

CAUSES

SPICY FOOD , LACK OF EXERCISE

LACK OF SLEEP, EATING A DIET LOW IN FIBRE,

TRAVELLING, MORE DAIRY PRODUCTS, SEDENTARY

LIFE, MEDICINES LIKE PAIN KILLER,

STRESS – WORRIES, ANGER, FEAR, ANXIETY,

DEPRESSION

GI PROBLEMS

TREATMENT

BREATHING EXERCISES - PRANAYAMA

SURYA NAMASKAR NADI SUDDHI

RELAXATION BRAHMARI

Agni Sara (less)

PAVANAMUKTASANA DIET

NAVKASANA BLAND DIET

VAJRASANA (NOT SPICY, FRIED,

PACIMOTTANASANA RAW FOOD, LOW IN

BHUJANGASANA FIBER)

SALABHASANA

ACIDITY/ULCER – Avoid Agni sara, dhanurasana

HERNIA

- A hernia occurs when there is a weakness or hole in the muscular wall (peritoneum) that usually keeps abdominal organs in place. Any defect in the peritoneum allows organs and tissues to push through, or herniate, producing a bulge.

HERNIA - CAUSES

- Straining on the toilet
- Persistent cough
- Cystic fibrosis
- Enlarged prostate
- Straining to urinate
- Being overweight or obese
- Lifting heavy items
- Poor nutrition
- Smoking
- Physical exertion

HERNIA - TREATMENT

- DO
 - MULA BHANDHA
 - UDDIYANA
 - SARVANGASANA
- DO NOT
 - Kapala Bhati, Bhastrika, over stretching (too much back bend), Dhanurasana
- Start and finish with Uddiyana.
- Can do simple Ardha Chakrasana expanding only chest.

DIABETES

- Diabetes, often referred to by doctors as diabetes mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar)
- TYPES
- TYPE 1 - The body does **not produce** insulin.
- TYPE 2 - The body does **not produce enough** insulin for proper function, or the cells in the body do not react to insulin
- Gestational Diabetes

DIABETES - CAUSES

- Obesity
- Living a sedentary lifestyle
- Increasing age
- Bad diet
- Lack of exercise

Diabetes - Treatment

- Vamana dhouti and Uddiyana
- Loosening exercises
- Surya namaskar
- Dhanurasana
- Sasankasana / Mandukasana
- Vakrasana
- Sarvangasana / Matsyasana
- Pachimottanasana

ASTHMA / WHEEZING

- Asthma is a condition in which airways narrow and swell and produce extra mucus. This can make breathing difficult and trigger coughing, wheezing and shortness of breath

Causes

- Airborne allergens, such as pollen, cockroaches and dust mites
- Respiratory infections, such as the common cold
- Physical activity (exercise-induced asthma)
- Cold air
- Air pollutants and irritants, such as smoke

ASTHMA - TREATMENT

- Vamana dhouthi / Jala neti
- Basti (Enema)
- Suryanamakar
- Bhujangasana / Sasangasana / Nikunjasana
- Sarvangasana / Matsyasana
- More relaxation / Savasana / Yoga nidra
- Kapala bhathi / Nadi suddhi
- Breathing exercises.

HORMONE IMBALANCE

Causes

Hormone fluctuations occur naturally, such as in puberty, menopause and perimenopause. Hormone imbalance may also be caused by toxins or an unbalanced lifestyle (emotional stress).

- **Thyroid** - with symptoms including fatigue, weight gain, dry skin and hair, brain fog, intolerance to cold, and cold hands and feet.
- **Adrenal** - causing fatigue, weight changes, salt craving, low blood pressure, palpitations.

Hormone imbalance - Treatment

- Sarvagasana / Matsyasana
- Sasangasana
- Ustrasana
- Vakrasana
- Vruksasana (balance brain, nervous system)
- Nadi suddhi pranayama (balance mind)
- Pranamasana (balance pitutary)
- Surya Namaskar (balance all glands)

LADIES PROBLEMS

- Mensuration / Painful Periods – Treatment
 - Suryanamaskar
 - Bhujangasana / Salabhasana / Dhanuvasana
 - Sasangasana / Ustrasana / Vakrasana
 - Pachimottanasana / Marjuriyasana
 - Sarvangasana / Matsyasana
- Prolapsed Uterus
 - Uddiyana / Mula bhandha
- Infertility
 - Vajroli Mudhra, Marjuriyasana, Baddha konasana, Sarvangasana/ Matsyasana, reduce weight, relaxation

PRE NATAL/ POST NATAL

- PRE NATAL

- Start from 2nd trimester
- Butterfly, Mula Bandha, Aswini Mudhra upto delivery
- Back Pain - Artha Kati Chakrasana, Tadasana, Vrukshasana, Kandharasana, Tiger stretch (don't bend in to much)
- Abdomen strenght – Leg raise (single)
- Relaxed side bend (similar to senior yoga)

PRE NATAL/POST NATAL

- Anandasa, Leg swing
- Savasana/yoga Nidhra – Lie down in side.
- B.P – Joint exercise, breathing exercise (dog breathing+ other), pranayama (sectonal breathing, ujayii, bhramari, shitali, + other)
- Ges. Diabetes – Joint exercise
- NO
 - Inversion, twisting, lying on stomach
- POST NATAL
 - After 3 months. Ask if there is pain. Also during asanas

Post -natal

- Level 1 - Uddiyana, Mula Bandha, Ashwini mudhra, pacchimuttanasana, sashangasana,
- Level 2 – Increase to sun salutation once weakness reduces, baddha konasana, paruvatasana, marjariasana
- (more forward bending, less backward stretching)
- Post natal blues – savasana, pranayama, short lecture to handle baby stress – change mental attitude to accept whatever comes.

HIGH AND LOW B P

- HIGH B.P
- If there is a block or more necessity in an area, B.P will increase. So check pressure when you are relaxed.
 - DO
 - All Breathing exercise, especially sasangasana breathing. Do leg raising easy version. Ujayii, Naddhi Suddhi, Meditation, mild Jala Niti, Mild Kapala Bati, Shitali, Shirkali, Sadanta, bramari
 - DON'T
 - Pranamasana, Shirasasana, Sankapralakshana, Vamana Dhouti, Kabala Bhati(heavy), Bhastrika, do forward bending and lifting up very slowly. No severe back bend. Bujangasana is less risky.

Low B P

- Low B.P
 - Not really a disease according to yoga.
 - Eat well, sleep well, relax and be happy.

ANXIETY / FEAR/TENSION/ DEPRESSION

- ANXIETY/FEAR/ANGER
 - Breathing exercise, Eye exercise, Tratak, pranamasana, all pranayama, all asanas with mindfulness and awareness
- DEPRESSION
 - More action – all exercise – especially fast ones (pavanamuktasana kriya, sasan bhujangasana, dhiruta Halasana). Can do fast japa and bhajans.
 - Let them continue medication. Slowly reduce

RHEUMATISM / ARTHRITIS

- DIET
 - Do not eat cooling items
- DO
 - All joint exercise along with mindful breathing. All sushma vyama, give more abdominal breathing. Start with 5 and increase, Abdominal breathing, naddi suddhi, bhramari, Can give asanas slow.
- DON'T
 - If they have pain, give surya namaskar after giving joint exercise for a while.

ANGER

WHAT IS ANGER?

A strong feeling of displeasure, irritation, powerful emotion.

All are getting angry. But only a few thing over there anger try to over come. Anger helps sometimes. But one must know where, when and how to express anger.

Effects of anger on body

It triggers the body and the fight or fly response effect will be there in the body. The SNS will be stimulated and you have the following changes in the body.

1. The heart rate goes up
2. The Blood Pressure goes up
3. The breath rate goes up
4. The body temperature rises
5. Muscles become tight
6. One lose the mental balance. Donot know what they are doing.

Anger - causes

1. If one is physically weak
2. When the desires are not full filled
3. Jealous, Greed, fear,
4. Using anger as a shield to their mistake
5. To get the things done by parents
6. Other are not behaving as you think
7. When your opinion is not accepted
8. Others behavior, which is not suitable for you
9. When some other tease you
10. When elders advice repeatedly.

Anger and Health problems

1. Head ache
2. It is equal to suicide
3. More negative thoughts / thinking
4. Loss of sleep
5. Acidity, Indigestion, Gastritis and Constipation
6. Skin problems.
7. High B P
8. It drains energy and one become weak.
9. Affect memory and concentration.

Expressing anger

Unhealthy ways

Beating, using bad words, breaking some object
taking revenge,

Healthy ways

1. Walking away from the situation
2. Do something physical
3. Drinking water
4. Try to analyse
5. Consult with parents / teachers / counselors
6. keep a diary for the anger burst

Anger – How to overcome

1. Strengthen the physical body
2. Exercise regularly
3. Do yoga, Pranayama(especially naddi suddhi) and Meditation daily
4. Learn relaxation techniques
5. Analyse over the cause of anger
6. Analyse the effects of anger on you and on others
7. What I did to correct my self?
8. Have I corrected any body by anger?

Anger – How to overcome

10. What are advantages and disadvantages?
11. Is it necessary that every thing should go as I wish?
12. Is it necessary that everybody must hear you?
13. Is it a great success for you?
14. Make a resolve – not to get angry.
15. Make a resolve to correct yourself.

SKIN PROBLEMS

- Check constipation
- Sankapralakshana, Enema (weekly), Sarvangasana, Reduce stress (deep relaxation), cooling pranayama, brahmari
- DON'T
 - Heating pranayama (agnisara), mild kapala bati only, surya anuloma viloma

HAIR LOSS

- Check thyroid – all thyroid asanas
- Pachimootanasana, sarvangasana