

## What Doctor Say?

Written by ADMMHSE

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### What Doctor's Said About Yoga

If you have never tried these therapies—or even if you have—it can be helpful to hear what other people say about them.

Some of the people featured in this section were using complementary therapies for years before they were diagnosed with breast cancer. Others were directed to these therapies during conventional medical treatment for cancer.

Nicole's story:

I had just started a yoga and meditation class before being diagnosed with DCIS. I had enjoyed it a lot and found it very relaxing, although I was kind of heavy and had trouble getting up and down from the floor. But I had never realized how tense and stressed-out I was, and yoga showed me a way to let go.

But breast cancer was something I never expected. Well, nobody does, but I just was so healthy and no one in my family had any kind of cancer. I used to wake up in the middle of the night with heart palpitations from some very bad dreams, and then it was hard to get back to sleep.

.... refer to attachment for complete record

Learn more about yoga during and after breast cancer treatment.

Rebecca's story:

So at each session the acupuncturist would ask, what do you want to work on today? Sometimes it was range of motion in my shoulder, but mostly, it was to get my hunger back.

.... refer to attachment for complete record

"The conventional medical system doesn't support psychological and emotional issues relating to breast cancer. It's so hard for many patients to cope with their worry and depression that this can interfere with treatment. The greatest advantage of these complementary therapies, I think, is the amount of time the practitioners spend with patients. As to whether the treatments help with longevity and lowering risk of recurrence, that's unknown. But imagery, meditation, yoga, group support, these can all be of tremendous benefit."

Debu Tripathy, MD, Director of the Komen/UTSW Breast Cancer Research Program at the University of Texas Southwestern Medical Center at Dallas

"Hope through options or alternatives is an important component of integrative medicine. Some doctors say, 'You're just raising their hopes...' I say, what's wrong with hope?"

Ronald P. Ciccone, M.D.

[breastcancer.org](http://breastcancer.org) Info

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### DIABETES & YOGA

Dr.Sujit has excellent academic achievements, he is 1st Rank Gold Medalist for MD (general medicine) University of Pune, 1st Rank for DM (endocrinology) with University of Mumbai and all india 1st Rank for DNB (endocrinology), he has presented many papers in international conferences and has won many awards.

#### Introduction

Diabetes mellitus represents a cluster of metabolic diseases characterized by high levels of blood glucose (hyperglycemia). This may be as a result of defects in insulin secretion, insulin action or both.

Insulin is a hormone secreted by beta cells of islets of langerhans, situated in pancreas. The glucagons produced by alfa cells have anti-insulin action. Both in unison keep a constant glucose level in the blood. Insulin also acts as gate keeper, where, only in its presence can the blood glucose enter the body cells and provide fuel and energy to work. In diabetes, the cellular fuel is thus compromised, while excess of glucose remains in the circulation.

#### Yoga Related Observations

Regular practice of yoga does reduce blood sugar levels, the blood pressure, weight, the rate of progression to the complications, and the severity of the complications as well.

The symptoms are also reduced to a great extent, so are number of diabetes related hospital admissions. The quality of life questionnaires do reveal a remarkable improvement in the scores. These finding are uniform for all those who are trying to find effect of yoga on diabetes.

#### How Yoga works? (Possible mechanisms)

1. Glucagons secretion is enhanced by stress. Yoga effectively reduces stress, thus reducing glucagons and possibly improving insulin action.
2. Weight loss induced by yoga is a well accepted mechanism.
3. Muscular relaxation, development and improved blood supply to muscles might enhance insulin receptor expression on muscles causing increased glucose uptake by muscles and thus reducing blood sugar.
4. Blood pressure plays a great role in development of diabetic and related complications, which is proven to be benefited by yoga. The same holds true for increased cholesterol levels.
5. Yoga reduces adrenaline, noradrenalin and cortisol in blood, which are termed as 'stress hormones'. This is a likely mechanism of improvement in insulin action.
6. Many yogic postures do produce stretch on the pancreas, which is likely to stimulate the pancreatic function.

In India, we are having many patients controlled only on so called 'lifestyle modification' i.e. yoga essentially.

We are also trying to recruit many 'impaired glucose tolerance' patients (Pre-diabetic patients, as suggested by clinical and laboratory evaluations) in our 'Prevention of Diabetes - Yoga Way Programme' (PDYW).

By Dr Sujit Chandratreya (MD, DM, DNB, Endocrinologist, Diabetologist)

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### YOGA FOR DVT

<http://www.mindbodysoul.tv/episodes/episode-twenty-three/yoga-for-dvt/>

Deep vein thrombosis is not limited to air travellers; it can affect anyone seated in a confined space for a prolonged period.

Another great seated movement is uddiyana bandha (upward abdominal lock). Exhale completely and hold the breath out, pull your belly toward the spine, and curl your pubic bone toward your navel, squeezing your sitting bones toward each other. Hold for 5 to 10 seconds and repeat several times. This releases pressure on the hamstrings, as well as the sciatic nerve.

A great pose to assist lymphatic drainage and relieve pressure in the back, abdomen and chest is a seated twist. Inhale to lengthen the spine and side waist. Use the armrest to brace the upper body and exhale to slowly twist to one side. Maintain a smooth breath and keep using the muscles of the trunk to assist the lift of the spine. Hold for 10 to 15 breaths and then repeat to the opposite side.

Perhaps the most simple and effective strategy is simply moving the extremities of the body to encourage full venous return and cardiovascular flow. Simply squeeze and release the toes repeatedly and then rotate the ankles. Then squeeze and release the hands and fingers and rotate the wrists. Stretch the arms above the head and hold for 10 to 20 breaths to allow blood and fluid to drain back toward the heart.

Of course, the best way to prevent DVT is to move around as often as possible. If it's okay to get out of your seat, you can usually find room near the back of the plane for poses like uttanasana (standing forward bend) and virabhadrasana i (warrior pose i) both of which stretch your legs and help keep DVT from arriving at your destination.