Terapi Komplementer : YOGA

Nina Setiawati

What is Yoga

- Yoga adalah praktek pengolahan antara pikiran dan tubuh berdasarkan filsafat India kuno
- Yoga atau Yuj dalam bahasa sansekerta yang berarti “Penyatuan” (antara diri dan Tuhan)
- Menggabungkan latihan fisik, latihan pernapasan, dan latihan mental
- Digunakan untuk menjadi gaya hidup

History of YOGA

- Yoga telah dipraktikkan sejak 5000 tahun yg lalu
- Menggabungkan latihan fisik, latihan pernapasan, meditasi dan memiliki filosofi yang berbeda
- Tulisan pertama yang diketahui "The Yoga Sutra" ditulis lebih dari 2000 tahun yang lalu.
- Awalnya dikembangkan sebagai metode disiplin dan sikap untuk membantu orang mencapai pencerahan spiritual

Yoga is used

- Untuk menjaga kesehatan
- Sebagai terapi komplementer untuk pulih dari penyakit
- Untuk mengelola stres dan trauma
- Untuk mendapatkan realisasi diri (pematangan ego atau kepribadian untuk menerima dirinya sendiri)

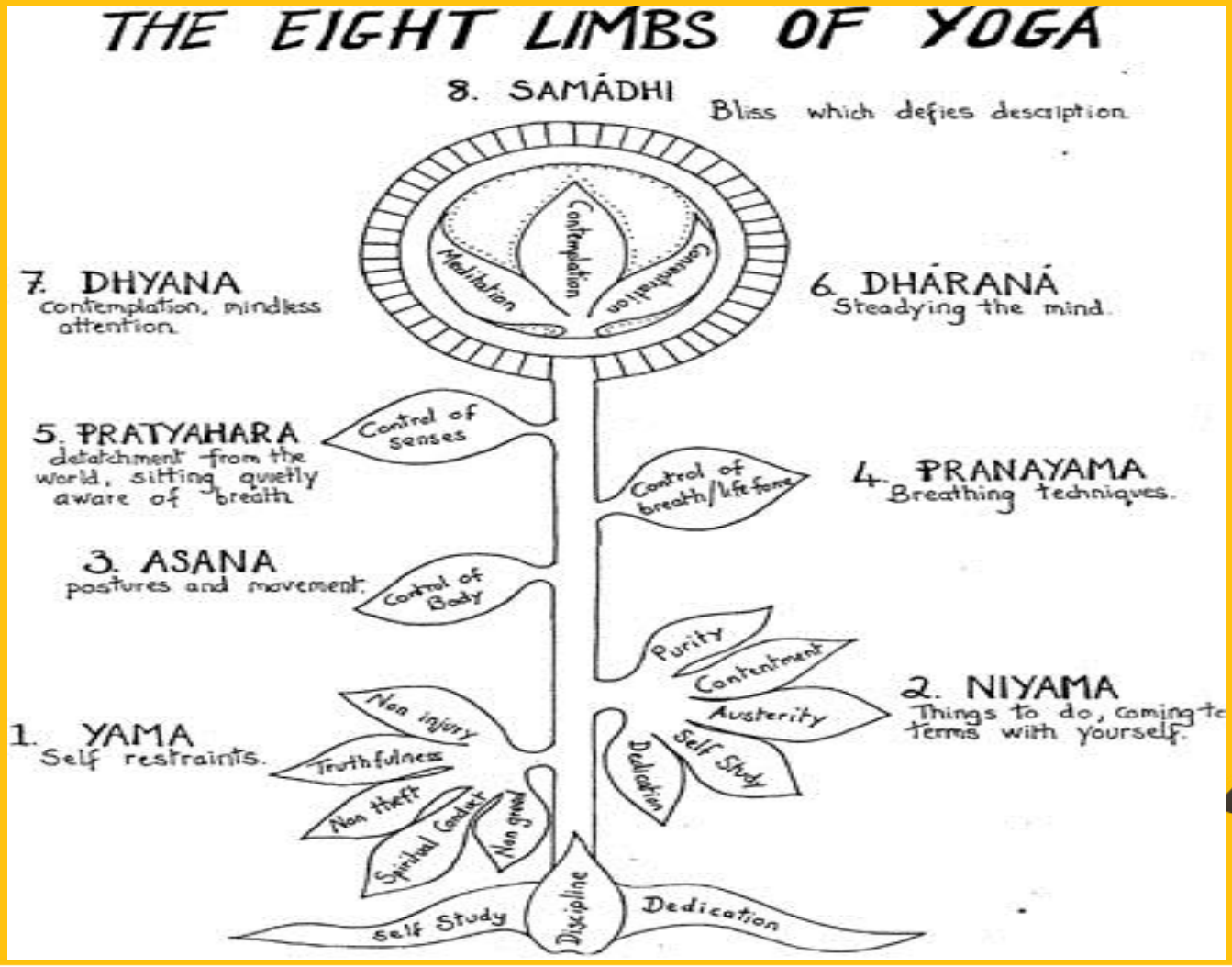
CAUTION

- YOGA bukan pengganti untuk perawatan penyedia layanan kesehatan yg berlisensi
- Konsultasikan dengan penyedia layanan kesehatan sebelum memulai latihan yoga
- Lakukan latihan yoga di bawah bimbingan seorang guru untuk latihan awal
- Berlatihlah di zona nyaman diri sendiri

Patanjali- Father of Yoga Sutras

- Patanjali → merumuskan Ashtanga Yoga atau 8 tangga yoga
- Merupakan tahap-tahap pemurnian tubuh dan pikiran agar dapat masuk lebih jauh ke dalam kesadaran yang lebih tinggi menuju realisasi diri
- Setiap tahap merupakan bagian mandiri yg dpt dilakukan secara terpisah atau simulta dan bertahap

8 Tangga Yoga



SAGE PATANJALI

Eight (8) Foundations of YOGA

- Yama - Apa yang tidak boleh dilakukan
- Niyama - Apa yang harus dilakukan secara teratur (disiplin diri)
- Asana - Postur dan latihan yoga
- Pranayama - Latihan Pernafasan
- Pratyahara - Pengendalian indera
- Dharana – Fokus / konsentrasi
- Dhyana – Meditasi
- Samadhi – realisasi / kesadaran tinggi

Inspiring Yoga Video

- You Tube Video of Arthur's transformation
- Super brain Yoga (http://youtube.com/watch?v=KSwhpF9iJSs)

Hatha Yoga

- Hatha yoga → paling banyak dipraktikkan saat ini terutama di Negara Barat (US)
- Menekankan postur dan latihan pernapasan
- National Health Interview Survey (NHIS) (2007) → Yoga adalah salah satu dari 10 terapi modalitas terbaik yang digunakan di US
- Hatha Yoga dipercaya dapat meningkatkan kekuatan dan kelenturan, meredakan ketegangan, serta memberikan energy baru p[illegible] tubuh

Prinsip Yoga

- Berlatih dengan teratur
- Bernapas dalam
- Pola makan yang seimbang
- Beristirahat cukup
- Berpikir postif dan bermeditasi

Persiapan Berlatih Yoga

- Kenakan pakaian yang nyaman dan longgar (tidak menghalangi napas dan gerak)
- Tanpa alas kaki
- Lakukan di atas matras yoga (lengket dan anti slip), karpet atau lantai kayu
- Lepaskan perhiasan dan lensa kontak
- Kosongkan perut; tunggu kira-kira 3 jam setelah makan berat dan 2 jam setelah makan ringan sebelum berlatih yoga
- Jika tidak memungkinkan untuk menahan makan karena sangat lapar, makan/minumlah sesuatu yang ringan seperti buah-buahan, susu atau air putih
- Lakukan yoga dalam keadaan tubuh yang bersih dan segar (baik dilakukan setelah mandi)

Hal yang harus diperhatikan:

- Lepaskan Ketegangan
- Hormati Tubuh
- Penuh Kesadaran
- Bernapas dengan Benar
- Kekuatan dan Kelenturan Tubuh akan Meningkat Seiring dengan Waktu
- Kontinuitas
- Ciptakan Suasana
- Kondisi Tubuh

Yoga is suggested for

- meningkatkan fungsi kerja kelenjar endokrin (hormonal di dalam tubuh).
- meningkatkan sirkulasi darah ke seluruh sel tubuh dan otak
- membentuk postur tubuh yang lebih tegap, serta otot yang lebih lentur dan kuat
- meningkatkan kapasitas paru-paru saat bernapas
- membuang racun dari dalam tubuh (detoksifikasi)
- meremajakan sel-sel tubuh dan memperlambat penuaan
- memurnikan saraf pusat yang terdapat di tulang punggung
- mengurangi ketegangan tubuh, pikiran, dan mental serta membuatnya lebih kuat saat menghadapi stress
- memberikan kesempatan untuk merasakan relaksasi yang mendalam
- meningkatkan kesadaran pada lingkungan
- meningkatkan rasa percaya diri dan kemampuan untuk berpikir pos
- WELL DESIGNED RESEARCH IS NEEDED

PUBMED funding

- 3052 articles---Yoga Therapy
- 144- Yoga back pain
- 102- Yoga Low back Pain
- 32- Yoga neck pain
- 565-Yoga Stress
- 263- Yoga Cancer
- 257-Yoga cardiovascular
- 137-Yoga Hypertension

J Bodyw Mov Ther. 2017 Oct;21(4):840-846. doi: 10.1016/j.jbmt.2017.01.014. Epub 2017 Feb 7.

Effect of yoga on the menstrual pain, physical fitness, and quality of life of young women with primary dysmenorrhea.

Yonglitthipagon P[1], Muansiangsai S[1], Wongkhumngern W[1], Donpunha W[1], Chansirut R[1], Siritaratiwat W[1], Mato L[1], Eungpinichpong W[1], Janyacharoen T[2].

Author information

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2 School of Physical Therapy, Faculty of Associated Medical Sciences, Khon Kaen University, Khon Kaen, 40002, Thailand. Electronic address: taweesak@kku.ac.th.

Abstract

The aim of the present study was to investigate effect of specially designed yoga program on the menstrual pain, physical fitness, and quality of life (QOL) of non-athlete women with primary dysmenorrhea (PD) aged 18-22 years. Thirty-four volunteers were randomly assigned into control and yoga groups. Menstrual pain, physical fitness, and QOL were evaluated at baseline and at the end of the 12-week study period. The yoga group was asked to practice yoga for 30 min per day, twice a week, for 12 weeks at home, while the control group did not receive any form of exercise over the study period. There were significant improve in menstrual pain, physical fitness, and QOL in the yoga group more than the control group. Therefore, this specially designed yoga program may be a possible complementary treatment for PD.

KEYWORDS: Complementary treatment; Menstruation pain; Primary dysmenorrhea; Yoga

PMID: 29037637 DOI: 10.1016/j.jbmt.2017.01.014

[Indexed for MEDLINE]

PubMed Health. A service of the National Library of Medicine, National Institutes of Health.

Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]. York (UK): Centre for Reviews and Dissemination (UK); 1995-.

A systematic review and meta-analysis of yoga for low back pain

H Cramer, R Lauche, H Haller, and G Dobos.

Review published: 2013.

CRD summary

This review found strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for pain and disability associated with chronic low back pain. The authors' conclusions reflect the results but the evidence was more compelling when compared to educational interventions and more uncertain when compared to exercise and to treatments offered under usual care.

Authors' objectives

To assess the effectiveness of yoga in patients with low back pain

Searching

J Altern Complement Med. 2017 Sep;23(9):685-695. doi: 10.1089/acm.2016.0234. Epub 2017 Apr 6.

Blood Pressure Response to Meditation and Yoga: A Systematic Review and Meta-Analysis.

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Author information

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2 2 College of Nursing, Korea University , SungbukGu, Korea.

Abstract

OBJECTIVES: To introduce research that presents scientific evidence regarding the effects of mantra and mindfulness meditation techniques and yoga on decreasing blood pressure (BP) in patients who have hypertension.

METHODS: A literature search was performed to identify all studies published between 1946 and 2014 from periodicals indexed in Ovid Medline, EMBASE, CINAHL, PsycINFO, KoreaMed, and NDSL by using the following keywords: "hypertension," "blood pressure," "psychotherapy," "relaxation therapy," "meditation," "yoga," and "mind-body therapy." The Cochrane's Risk of Bias was applied to assess the internal validity of the randomized controlled trial studies. Thirteen studies were analyzed in this meta-analysis by using Review Manager 5.3.

RESULTS: Among 510 possible studies, 13 met the selection criteria. Seven examined meditation, and six examined yoga. The meta-analysis indicated that meditation and yoga appeared to decrease both systolic and diastolic BP, which were within similar baseline ranges, and the reduction was statistically significant; however, some results showed little difference. After an in-depth analysis of those results, BP range and patient age were revealed as the factors that affected the different results in some reports. In particular, meditation played a noticeable role in decreasing the BP of subjects older than 60 years of age, whereas yoga seemed to contribute to the decrease of subjects aged less than 60 years.

CONCLUSIONS: While acknowledging the limitations of this research due to the differences in BP and the participants' ages, meditation and yoga are demonstrated to be effective alternatives to pharmacotherapy. Given that BP decreased with the use of meditation and yoga, and this effect varied in different age groups, scientifically measured outcomes indicate that these practices are safe alternatives in some cases.

KEYWORDS: hypertension; meditation; meta-analysis; relaxation therapy; yoga

Research

Psychological Well-Being, Health Behaviors, and Weight Loss Among Participants in a Residential, Kripalu Yoga-Based Weight Loss Program

Tosca D. Braun, BA,[1] Crystal L. Park, PhD,[2]
Lisa Ann Conboy, MA, MS, ScD[3]

1. Institute for Extraordinary Living at Kripalu Center
2. University of Connecticut
3. Osher Research Center at Harvard Medical School

A Pragmatic Multicentered Randomized Controlled Trial of Yoga for Chronic Low Back Pain

Economic Evaluation

Ling-Hsiang Chuang, PhD,* Marta O. Soares, MSc,† Helen Tilbrook, MSc,* Helen Cox, MSc,* Catherine E. Hewitt, PhD,* John Aplin, PhD,‡ Anna Semlyen, MSc,§ Alison Trewhela, DBL, CSL,¶ Ian Watt, MB, ChB,*‖ and David J. Torgerson, PhD*

Study Design. Multicentered randomized controlled trial with quality of life and resource use data collected.

Objective. The objective of this study was to evaluate the cost-effectiveness of yoga intervention plus usual care compared with usual care alone for chronic or recurrent low back pain.

Summary of Background Data. Yoga has been shown as an effective intervention for treating chronic or recurrent low back pain. However, there is little evidence on its cost-effectiveness. The data are extracted from a pragmatic, multicentered, randomized controlled trial that has been conducted to evaluate the effectiveness

dominant treatment compared with usual care alone. This result is surrounded by fewer uncertainties—the probability of yoga being cost-effective reaches 95% at a willingness to pay for an additional QALY of £20,000. Sensitive analyses suggest the same results that yoga intervention is likely to be cost-effective in both perspectives.

Conclusion. On the basis of this trial, 12 weekly group classes of specialized yoga are likely to be a cost-effective intervention for treating patients with chronic or recurrent low back pain.

Key words: yoga, low back pain, cost-effectiveness analysis.
Spine 2012;37:1593–1601

de Manincor et al. BMC Complementary and Alternative Medicine (2015) 15:85
DOI 10.1186/s12906-015-0614-7

BMC
Complementary & Alternative Medicine

RESEARCH ARTICLE Open Access

Establishing key components of yoga interventions for reducing depression and anxiety, and improving well-being: a Delphi method study

Michael de Manincor*, Alan Bensoussan, Caroline Smith, Paul Fahey and Suzanne Bourchier

Abstract

Background: Previous research suggests benefits of yoga in reducing depression and anxiety. However, common concerns in reviews of the research include lack of detail, rationale and consistency of approach of interventions used. Issues related to heterogeneity include amount, types and delivery of yoga interventions. This study aims to document consensus-based recommendations for consistency of yoga interventions for reducing depression and anxiety.

Methods: The Delphi method was used to establish consensus from experienced yoga teachers. Thirty-three eligible teachers were invited to participate, from four different countries. Two rounds of an online survey were sent to

for managing knee osteoarthritis in old
en: a pilot randomized controlled trial

eung[1*], Jean F Wyman[1], Barbara Resnick[2] and Kay Savik[1]

nd: Osteoarthritis (OA) is a common problem in older women that is associated with pain an
yoga is recommended as an exercise intervention to manage arthritis, there is limited eviden
ng its effectiveness, with little known about its long term benefits. This study's aims were to
nd potential efficacy of a Hatha yoga exercise program in managing OA-related symptoms i
th knee OA.

Eligible participants (N = 36; mean age 72 years) were randomly assigned to 8-week yoga pr
group and home-based sessions or wait-list control. The yoga intervention program was deve
oga experts (N = 5). The primary outcome was the Western Ontario and McMaster Universities
MAC) total score that measures knee OA pain, stiffness, and function at 8 weeks. The secondary
nction of the lower extremities, body mass index (BMI), quality of sleep (QOS), and quality of life

Perspect Psychiatr Care. 2019 Apr;55(2):140-146. doi: 10.1111/ppc.12266. Epub 2018 Feb 10.

Effectiveness of super brain yoga for children with hyperactivity disorder.

Farahani PV[1], Hekmatpou D[1], Khonsari AH[2], Gholami M[3].

Author information

Abstract

PURPOSE: This study aimed at determining the effectiveness of super brain yoga for children with hyperactivity disorder.

DESIGN AND METHOD: This quasiexperimental and interventional research was conducted on 80 school-age children through a pretest-posttest design.

RESULTS: Results showed that there was a significant difference between the means of severity of hyperactivity disorder before (75.1) and after the intervention (63.5) ($p < .001$).

PRACTICE IMPLICATIONS: Practicing super brain yoga reduced the symptoms of hyperactivity disorder among the school-age children.

Complement Ther Clin Pract. 2017 May;27:1-4. doi: 10.1016/j.ctcp.2016.12.002. Epub 2016 Dec 23.

Yoga during pregnancy: The effects on labor pain and delivery outcomes (A randomized controlled trial).

Jahdi F[1], Sheikhan F[2], Haghani H[3], Sharifi B[4], Ghaseminejad A[5], Khodarahmian M[6], Rouhana N[7].

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7 Director of Graduate Programs Decker School of Nursing, Binghamton, USA.

Abstract

OBJECTIVE: To investigate the effects of an antenatal yoga program on perceived maternal labor pain and delivery outcomes.

MATERIAL & METHODS: This randomized control trial was conducted with sixty primiparous women, aged 18-35 years old, who were randomly assigned to either an antenatal yoga program or control groups. Labor pain and discomfort level of the participants were measured using a Visual Analogue Scale at cervical dilatation of 3-4 c and at 2 and 4 h after the initial measurement. Demographic and obstetrical information were collected. The antenatal yoga program consisted of a 1-h supervised yoga class, three times a weekly, starting at 26 weeks gestation. .

RESULTS: Participants in control group reported higher pain intensity compared to experimental group at 3-4 cm of dilatation ($p = 0.01$) and at 2 h after the first and the second measurements ($p = 0.000$). Mothers in the antenatal intervention group that completed the yoga class required a decreased frequency of labor induction in comparison with control group ($p = 0.008$). In addition, mode of delivery of the intervention group resulted in a lower percentage of cesarean section than control group ($p = 0.002$). Lastly, the intervention group experienced a shorter duration of the second and third stages of labor. Interval level data was analyzed by using an independent t-test and chi-square.

CONCLUSION: Yoga during pregnancy may contribute to a reduction pain of labor and improved adequacy of childbirth.

BMJ Open. 2016 Jul 12;6(7):e010691. doi: 10.1136/bmjopen-2015-010691.

Complementary therapies for labour and birth study: a randomised controlled trial of antenatal integrative medicine for pain management in labour.

Levett KM[1], Smith CA[1], Bensoussan A[1], Dahlen HG[2].

Author information

1 National Institute for Complementary Medicines (NICM), Western Sydney University, Sydney, Australia.
2 School of Nursing and Midwifery, Western Sydney University, Sydney, Australia.

Erratum in
Correction: *Complementary therapies for labour and birth study: a randomised controlled trial of antenatal integrative medicine for pain management in labour.* [BMJ Open. 2016]

Abstract

OBJECTIVE: To evaluate the effect of an antenatal integrative medicine education programme in addition to usual care for nulliparous women on intrapartum epidural use.

DESIGN: Open-label, assessor blind, randomised controlled trial.

SETTING: 2 public hospitals in Sydney, Australia.

POPULATION: 176 nulliparous women with low-risk pregnancies, attending hospital-based antenatal clinics.

METHODS AND INTERVENTION: The Complementary Therapies for Labour and Birth protocol, based on the She Births and acupressure for labour and birth courses, incorporated 6 evidence-based complementary medicine techniques: acupressure, visualisation and relaxation, breathing, massage, yoga techniques, and facilitated partner support. Randomisation occurred at 24-36 weeks' gestation, and participants attended a 2-day antenatal education programme plus standard care, or standard care alone.

MAIN OUTCOME MEASURES: Rate of analgesic epidural use. Secondary: onset of labour, augmentation, mode of birth, newborn outcomes.

RESULTS: There was a significant difference in epidural use between the 2 groups: study group (23.9%) standard care (68.7%; risk ratio (RR) 0.37 (95% CI 0.25 to 0.55), p≤0.001). The study group participants reported a reduced rate of augmentation (RR=0.54 (95% CI 0.38 to 0.77), p<0.0001); caesarean section (RR=0.52 (95% CI 0.31 to 0.87), p=0.017); length of second stage (mean difference=-0.32 (95% CI -0.64 to 0.002), p=0.05); any perineal trauma (0.88 (95% CI 0.78 to 0.98), p=0.02) and resuscitation of the newborn (RR=0.47 (95% CI 0.25 to 0.87), p≤0.015). There were no statistically significant differences found in spontaneous onset of labour, pethidine use, rate of postpartum haemorrhage, major perineal trauma (third and fourth degree tears/episiotomy), or admission to special care nursery/neonatal intensive care unit (p=0.25).

CONCLUSIONS: The Complementary Therapies for Labour and Birth study protocol significantly reduced epidural use and caesarean

J Clin Diagn Res. 2017 May;11(5):KC01-KC05. doi: 10.7860/JCDR/2017/26517.9833. Epub 2017 May 1.

Effect of Yoga on Psychological Functioning of Nursing Students: A Randomized Wait List Control Trial.

Mathad MD[1], Pradhan B[2], Sasidharan RK[2].

Author information

1 Research Scholar, Department of Division of Yoga and Humanities, S-VYASA University, Bengaluru, Karnataka, India.
2 Assistant Professor, Department of Division of Yoga and Humanities, S-VYASA University, Bengaluru, Karnataka, India.

Abstract

INTRODUCTION: Nursing students experience considerable amount of stress to meet their professional demands. Yoga is an effective practice to reduce stress and improve psychological well being. However, improvement in psychological well being aids in stress management.

AIM: To evaluate the effectiveness of eight week yoga intervention on psychological functioning of nursing students.

MATERIALS AND METHODS: This was a randomised Wait List Control (WLC) trial, we recruited total 100 students from Kempegowda Institute of Nursing, Bengaluru, Karnataka, India and randomized them into two groups (yoga=50 and WLC=50 students). The following instruments were used to collect the data, Freiburg Mindfulness Inventory (FMI), Self-Compassion Scale- Short Form (SCS-SF), Connor-Davidson Resilience Scale (CD-RISC), Satisfaction with Life Scale (SWLS), Jefferson Scale of Empathy HPS-Version (JSE-HPS), and Perceived Stress Scale (PSS). Data was analysed using Repeated Measures Analysis of Variance (RM-ANOVA) followed by post-hoc Bonferroni correction for all psychological variables.

RESULTS: The results of our study report that eight week yoga intervention was significantly effective in improving self compassion and mindfulness among nursing students in experimental group than compared to WLC group. Even though there were improvements in resilience, satisfaction in life and perceived stress, results were not statistically significant.

CONCLUSION: Overall, results of the present study have demonstrated impact of eight week yoga intervention on the psychological functioning of nursing students. Yoga intervention can be inculcated in the nursing education to meet demands of the profession.

KEYWORDS: Mindfulness; Nursing education; Perceived stress; Resilience; Self compassion

Yoga Based Self-Care Rehabilitation for Better Quality of Life: A Community Education Session

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Presented at the 2014 World Congress of Biomechanics Conference, July 6-11, 2014, Boston, MA, USA

BACKGROUND AND PURPOSE

According to World Health Organization "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Public uses several forms of self-care for wellbeing. Many of the health care practitioners advise their patients to do some form of exercise as a form of self-care between the visits to the healthcare practitioner. These self-care methods include simple walking, exercising, swimming, Yoga, meditation, and Tai-Chi, etc. These practices exercise the joints, muscles, emotions, mind, and spirit. All these will have influence in the quality of life. The purpose of this study was to report on a simple yoga based self-care one hour routine that incorporates exercises for joints of the body, major muscles, breathing exercises, relaxation, and meditation.

METHODS

Eight (8) Foundations of YOGA

Yama-What not to do
Niyama-What to do regularly
Asana-Postures and exercises
Pranayama-Breathing Exercises
Pratyahara-Controlling senses
Dharana-Focus
Dhyana-Meditation
Samadhi- Immersion-Ultimate way of life

Five (5) Bodies of YOGA

Physical Body- Frame work for Action
Energetic Body- Energy Movement
Emotional Body- Express Feelings
Mental Body- Intellectual Engagement
Spiritual Body- Spiritual Engagement

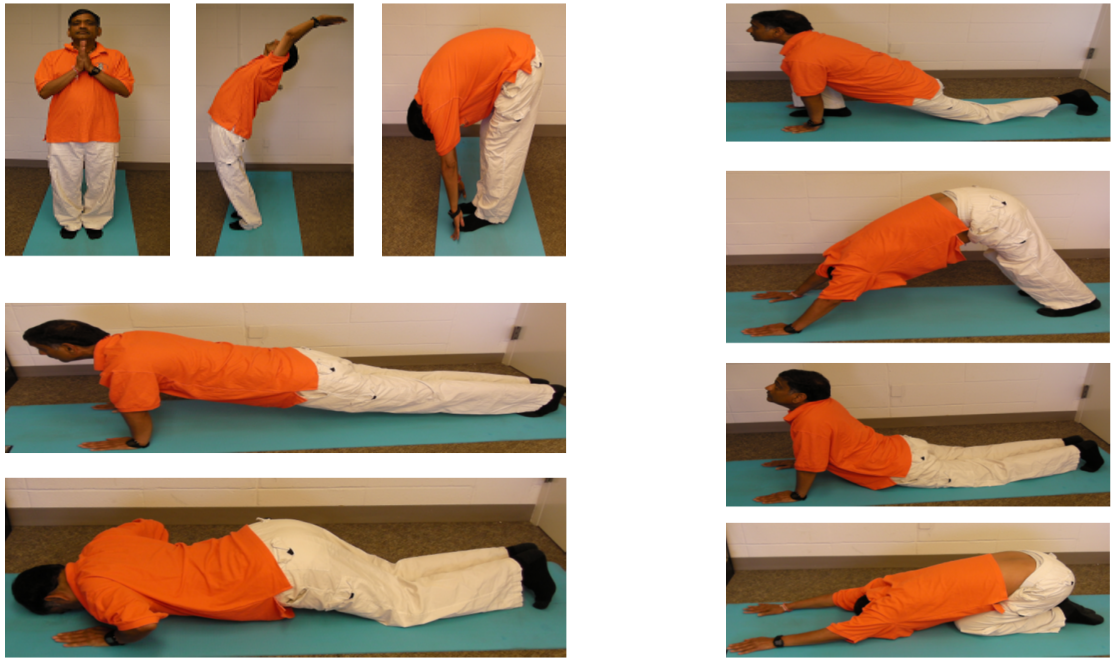


Figure 1. Sun Salutation (Surya Namaskar) sequence along with conscious breathing patterns

Warm-up Exercise Routine combined with Breathing

Warm-Up routine consisted of exercising each and every joint from head-to-toe combined with conscious breathing. Facial muscles, Eye rolls, Nose openings, Lip exercises, jaw exercises, neck, hands, fingers, wrist, elbow, shoulder, trunk, Hip, Knee and ankle movements.

Pranayama-Breathing

Deep Breathing: Inhale deeply expanding abdomen and chest
Alternate Nostril Breathing: Inhale through left nostril-Exhale through Right nostril-Inhale through right nostril-exhale thorogh left nostril
Kapalabhati: Forced exhalation by consciously contracting abdomen
Ujjayi: Inhale and exhale through nose while constricting throat
Bhramari: Close ears, eyes, and mouth, Inhale through nose and chant MMMMMMMMMM.....

Figure 2. Relaxation posture

Relaxation: Lay supine Relax each body part and every joint. Inhale Peace, Love, Joy, and Happiness.
Meditation: Sit straight and chant AAAAA..... UUUUU..... MMMMM.....OM...OM...OM. ...Enjoy the vibrations and bliss through chants and silence between chants.

Figure 3. A Meditation posture

RESULTS

A minimum of two and a maximum of fifteen people participated on a given weekly session. The feedback based on verbal comments include that they had calmer emotions, have more energy to do their daily tasks. The participants expressed gratitude for doing the classes free of charge and donated money to be given for charity causes.

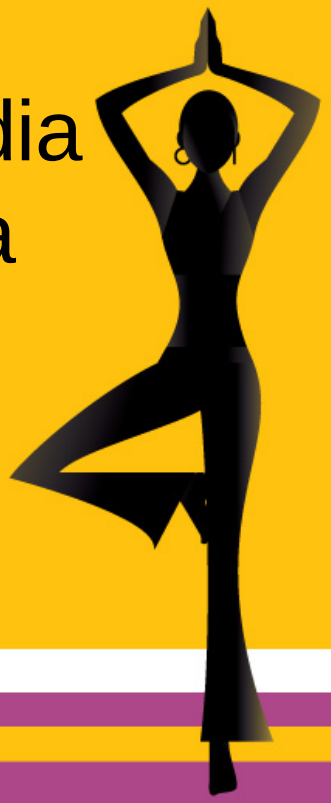
CONCLUSIONS

One hour holistic based self-care yoga routine class seems to attract people and the participants seem to have a better overall feeling about their participation.

Acknowledgments: This investigation was conducted in a facility constructed with support from research facilities improvement program grant # C06 RR15443-01 from the National Center for Research Resources, National Institutes of Health.

Yoga untuk Pemula

- Pemula 1
- Pemula 2
- Pemula 3
- banyak buku, kelas, dan video tersedia untuk mahasiswa dari pemula hingga tingkat mahir



yoga adalah terapi pengalaman, cara terbaik untuk belajar yoga adalah melakukannya

Terimakasih