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Guidelines on yoga asanas to be issued by AIIMS

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This is in line with Prime Minister Narendra Modiâ??s appeal to focus on treatment of diseases through the ancient Indian spiritual discipline.



AIIMS in collaboration with AYUSH ministry will soon come up with guidelines on yoga ‘asanas’ which are beneficial to combat certain ailments. This is in line with Prime Minister Narendra Modi’s appeal to focus on treatment of diseases through the ancient Indian spiritual discipline.

Experts from Swami Vivekananda Yoga Anusandhana Samsthana S-VYASA in Bengaluru in partnership with the Centre for Integrative Medicines and Research at AIIMS are conducting evidence-based research to develop a set of protocols for various diseases.

AIIMS Director Dr Randeep Guleria emphasized that not all yoga exercises are effective and suitable for all conditions. Evidence-based research is being done to issue a detailed standard yoga protocol for prevention and treatment of different kinds of diseases. AIIMS has embarked on a randomised study to assess the efficacy of yoga to control migraine attacks which leads to severe headache.

There have been previous studies according to which yoga increases the chemical serotonin, which eases the tightening of the brain’s blood vessels thus relieving migraines.

Dr Guleria also mentioned that yoga was found to be as effective as standard pulmonary rehabilitation in improving dyspea, inflammatory markers and quality of life in patients suffering from Chronic Obstructive Pulmonary Disease. This is a good initiative towards a better healthcare management.