



INDIAN DIETETIC ASSOCIATION (IDA)

YOGA AND RIGHT NUTRITION

Essential for
The New Normal "Lifestyle"



YOGA AT HOME & YOGA WITH FAMILY

INTRODUCTION

Yoga as a therapy is used since 1400 BC scribed in Charak Samhita and has been popular in India since then.

Sage Patanjali defines yoga as a “complete cessation of mental modification”

Swami Vivekanand defines yoga as “Restraining the mind stuff”

Yoga affects physical, mental, intellectual & spiritual health

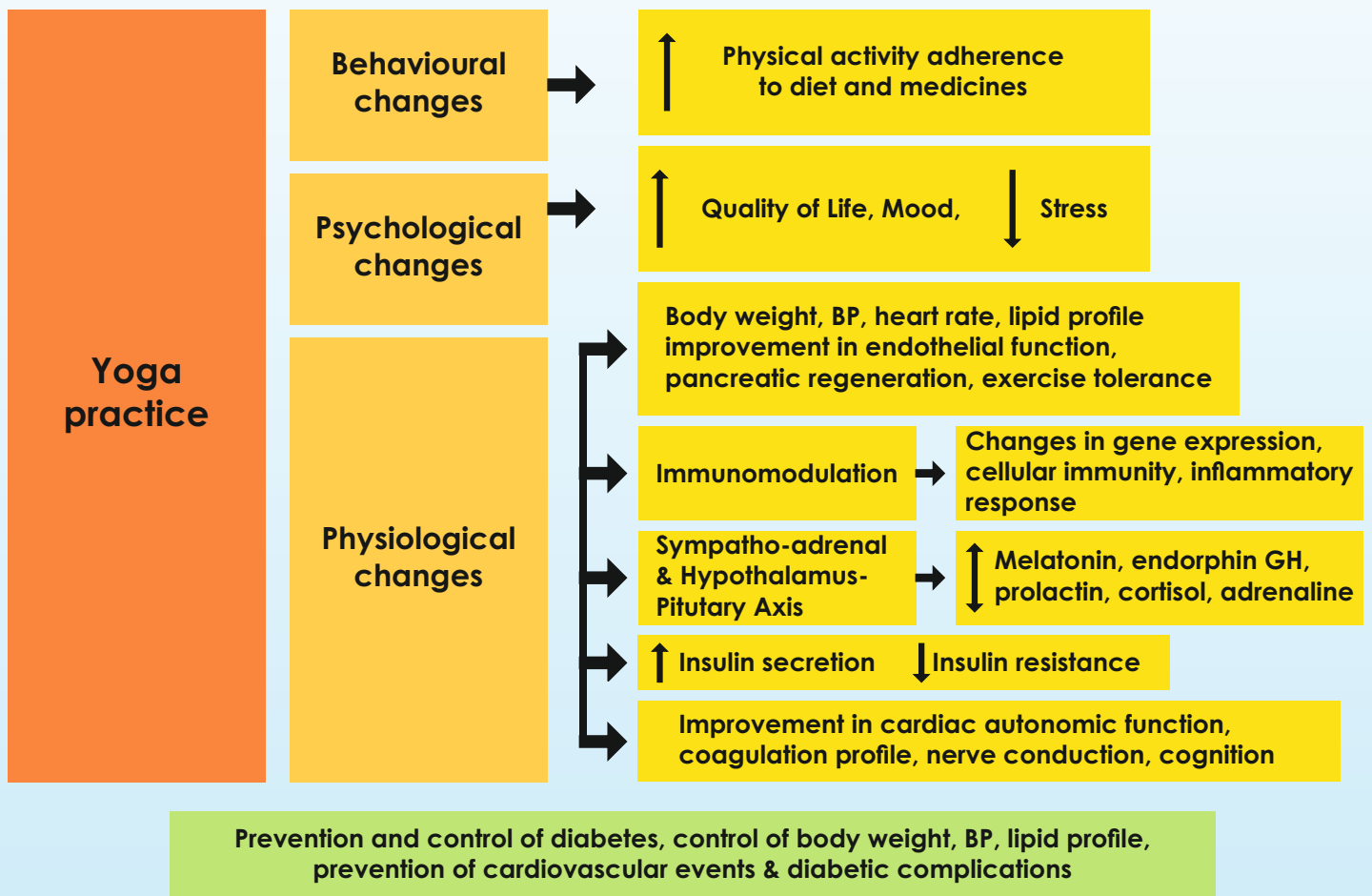


YOGIC DISCIPLINES IN UPANISHAD

- Karma Yoga (action)
- Bhakti Yoga (devotion)
- Gyana Yoga (to attain knowledge and wisdom about life)
- Hath Yoga (regarding yogic asanas)
- Raj Yoga (physical and mental purity)
- Mantra Yoga (enchanted rhyme imparted by a guru to attain higher level of consciousness)
- Laya Yoga (singing by yourself or in a group to achieve amalgamation with the soul and achieve perfection)

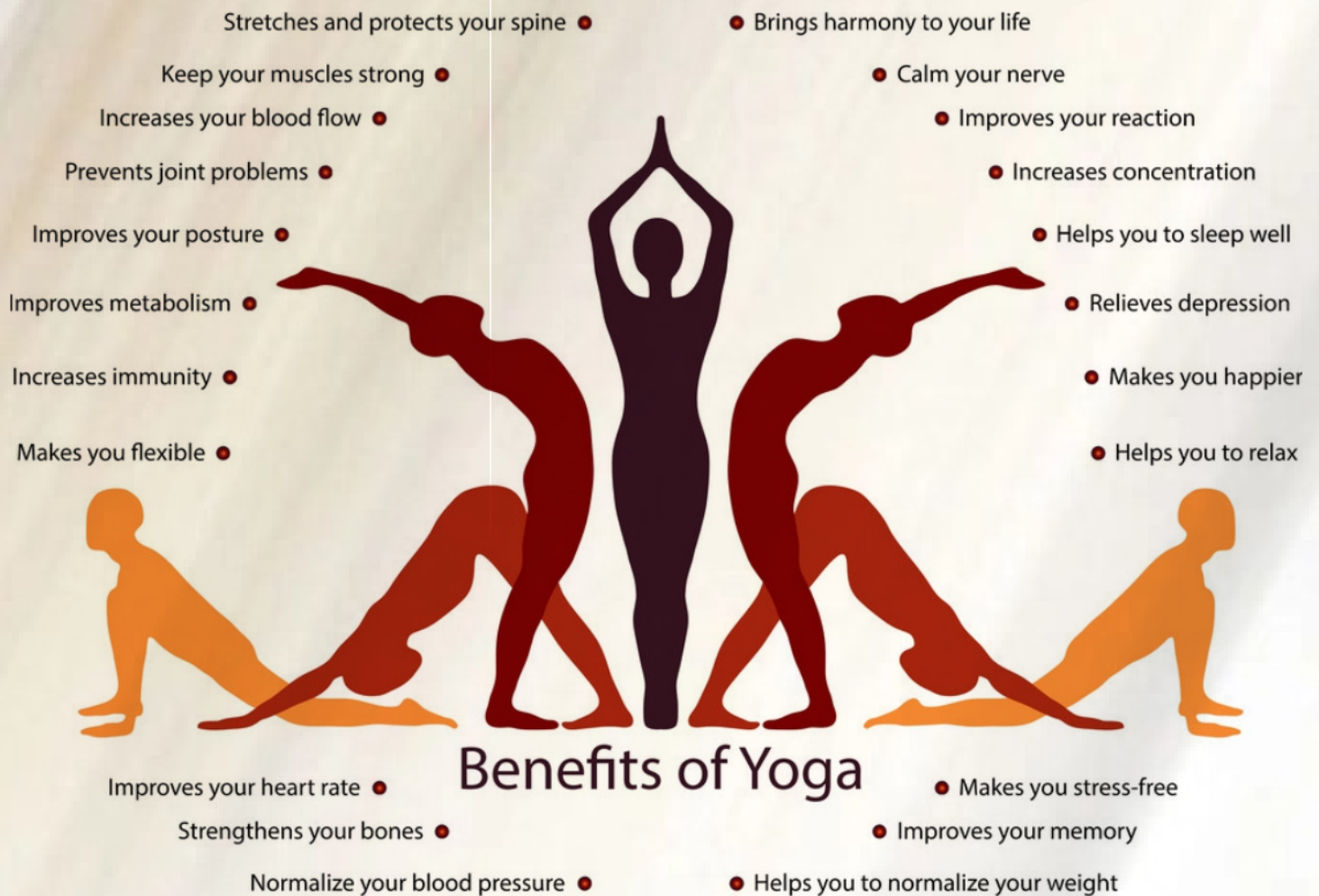
It is believed that each one of them helps an individual in self-realization and self-actualization.

MECHANISM OF YOGA



One of the best way to reduce pathophysiology of NCD

BENEFITS OF YOGA



INCREASES

- Flexibility
- Body strength & stamina
- Feeling of wellness
- Positive attitude
- Energy levels
- Memory power
- Concentration

REDUCES

- Anxiety & stress
- Depression & tension
- Weight
- Blood pressure
- Blood glucose levels
- Tension in muscles
- Pain in joints

BENEFITS OF YOGA



Surya namaskar

Performed in an energetic way surges cellular requirements for glucose and oxygen and to meet these requirements, insulin production is stimulated by brain signaling

Vaman dhauti

Reduces FBG and PPBG, decreases insulin resistance, increases glucose uptake, facilitates the function of insulin by reducing levels of free fatty acids



Kapalbhati

Improves the efficiency of β -cells of the pancreas

Shankhaprakshalana

Cleanses the intestinal tract, it increases insulin production and helps in reducing blood glucose



Yoga also helps reduce cardiovascular risk by acting through physiologic pathways of stimulation and activation

VARIOUS YOGA TECHNIQUES

Yoga postures: Pranayama (regulated breathing)

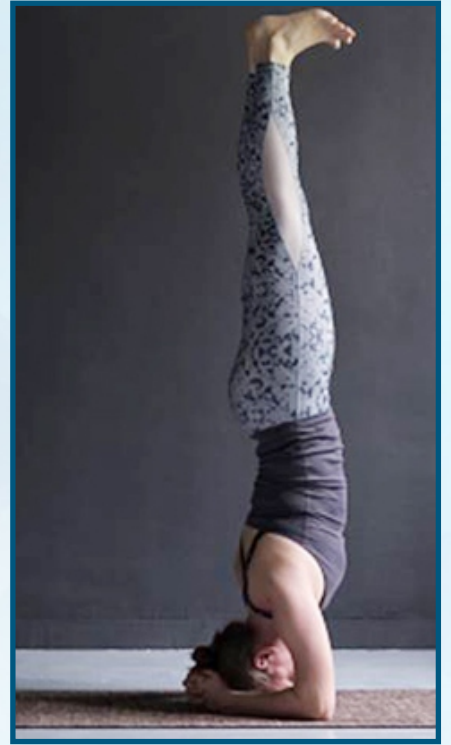
Type	Effects
Slow pranayama, anulom vilom, chandrabhedan, sitkari, and bhamari	Enhance cerebral blood flow and oxygenation by improving neuronal activities in the brain centres, limbic areas, medulla and hypothalamus and improves symapthovagal balance
Anulom vilom (alternate nostril breathing)	Increases components of health-related fitness like cardiorespiratory endurance, body fat percentage and flexibility
Bhamari (humming bee breath)	Soothes and calms the mind, improves physical and mental health
Sheetali/Sitkari (cooling breath)	Lowers blood pressure, cooling effect
Chandra bhedan (left nostril breathing)	Parasympathetic stimulation
Surya bhedan (right nostril breathing)	Sympathetic stimulating effect; may be recommended in people with diabetes
Bhastrika (bellows breath)	Regulation of pineal, pituitary, and adrenaline glands, important role in the regulation of metabolism

Yoga postures: Bandha, Mudra & Meditation

Type	Effects
Bandha (lock) Constricts a certain part of the body	Re-directs the flow of blood and lymph to other body parts
Uddiyan bandha (abdominal lock) creation of negative pressure in abdomen and contraction of abdomen	Negative pressure created in the abdominal cavity may improve pancreatic function
Hasta mudras (hand gestures) 1) Apan mudra , gyan mudra 2) Linga mudra , surya mudra, prana mudra	1) Promote deep relaxation and eliminate stress 2) Boost metabolic rates, promote weight loss and reduce blood glucose levels
Dhyan (meditation) Meditation on the manipur chakra (solar plexus), visualization of pancreas during meditation	Beneficial psychological effects, such as faster reactions to stimuli and being less prone to various forms of stress, anxiety reduction, and blood pressure control having positive effects on sugar levels
Mindfulness	Better sleep, greater relaxation, more accepting approaches to illness and the illness experience in people with diabetes and coronary heart disease
"Aum" chanting	Stabilizes the brain, removes negative thoughts, increases energy, improves mind and body relaxation within minutes of practice Chanting in the supine posture produces an integrated relaxation response
Yoga nidra (yogic relaxation)	Improves symptom score, reduction of fasting blood glucose and postprandial blood glucose levels

CONTRAINDICATIONS

Few yoga asanas are contraindicated in certain comorbid conditions



- Padahastasana
- Pawanmuktasana
- Shalabhasana
- Setu Bandha Sarvangasana
- Sarvangasana
- Shirshasana
- Halasana
- Purna matsyendra asana

Inverted poses should be avoided by people with comorbid conditions.

- Sensible precautions should be taken – for example: avoiding advanced moves by beginners, not combining practice with psychoactive drug use and avoiding competitiveness
- Few yoga practitioners suffer physical injuries analogous to sports injuries
- Hyperextension or rotation of the neck, may be a precipitating factor in cervical artery dissection
- People with high blood pressure should avoid Shirshasana (headstand pose) or adho mukha vrksasana
- Heart Failure patients should avoid rigorous or continuous flow styles of yoga

SATTVIC DIET



Sattvic diet consists of pure food (not processed) that is light in potency, and rich in prana (life force).

Wait for some time before eating to develop reverence and appreciation for the food, eat slowly and consciously, chew well. Eat only when hungry and eat in a peaceful atmosphere.



Sattvic food increases vitality, strength, endurance and health; helps restore the harmony and balance of our body and mind. It energizes the body and mind.

SATTVIC FOODS TO BALANCE YOUR BODY AND MIND



SATTVIC

Goodness, Constructive, Harmonious

Sattvic food helps the body feel light & good, promotes a peaceful & clear mind

- Whole Grains
- Beans & Legumes
- Nuts & Seeds
- Herbs
- Water

- Natural Sweeteners
- Human or dairy products or vegan substitutes
- Fruits & Vegetables
- Oils (cold - pressed)

RAJASIC

Hyperactivity, Restlessness, Anger, Irritability

Rajasic foods cause the mind & body to be restless & agitated, leading a person to seek external stimuli & relief

- Refined white sugar
- Caffeine, coffee, soft drinks
- Tobacco & other stimulants
- Certain vegetables -egg plant hot peppers, tomatoes, brinjal
- Onions

- Radish
- Heavily spiced, seasoned or salted foods junk food & fast food
- Foods that are too hot, bitter, sour or saline

TAMASIC

Darkness, Destructive, Chaotic

Tamasic foods depletes one energy & makes the mind dull and bring inertia, confusion and disorientation.

- Meat, fish, eggs
- Mushrooms & fungi
- Onions, garlic & potatoes
- Fermented foods including vinegar
- Intoxicants such as alcohol & drugs

- Food -stale, rotten, unripe, overripe
- Food - fried, burnt or reheated many times
- Frozen & canned foods
- Overeating

HOLISTIC APPROACH FOR A HEALTHIER FAMILY

Adopt Sattvic dietary practices – Need of the Hour!

If the food is impure, the mind also becomes impure



What to eat before and after yoga?

- Heavy meals should be avoided, Allow 3 – 4 hours to pass before starting yoga
- Start Yoga: 1 to 2 hours after a light meal & 30–45 minutes after having fresh fruits, juices, milk etc.
- After yoga: never eat immediately give your body around half an hour to re-acclimate itself
- Avoid drinking cold/very cold water

YOGA AT HOME & YOGA WITH FAMILY

Compiled & Contributed by Indian Dietetic Association (IDA), Nagpur Chapter



Issued in Public Interest by:

INDIAN DIETETIC ASSOCIATION (IDA)