



▼ SHORT COMMUNICATION

APPLICATION OF YOGA IN PRIMARY HEALTH CARE (VOYAGING OF YOGA BASICS TO GRASS ROOTS-VYBGR)

Surekha A¹, Suguna A²,

^{1,2}Assistant Professor,

^{1,2}Department of Community Medicine,

¹Shri Sathya Sai Medical College and Research Institute,

²Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth (Deemed to be University), Puducherry.

It is the need of the hour to carry out teaching Yoga at grass root level – at Primary Health Centre (PHC), Sub center and Home based – through training field workers. Only few Universities across the world have an established Centre for Yoga. Moreover, neither Medical colleges nor the government system has designed and implemented such a community-based program for applying Yoga care at primary level in a full-fledged manner. It is henceforth a needed model where Yoga benefits will reach the people in the grass roots in an effective way.¹

The Current Challenges of Yoga at primary level can be solved through:

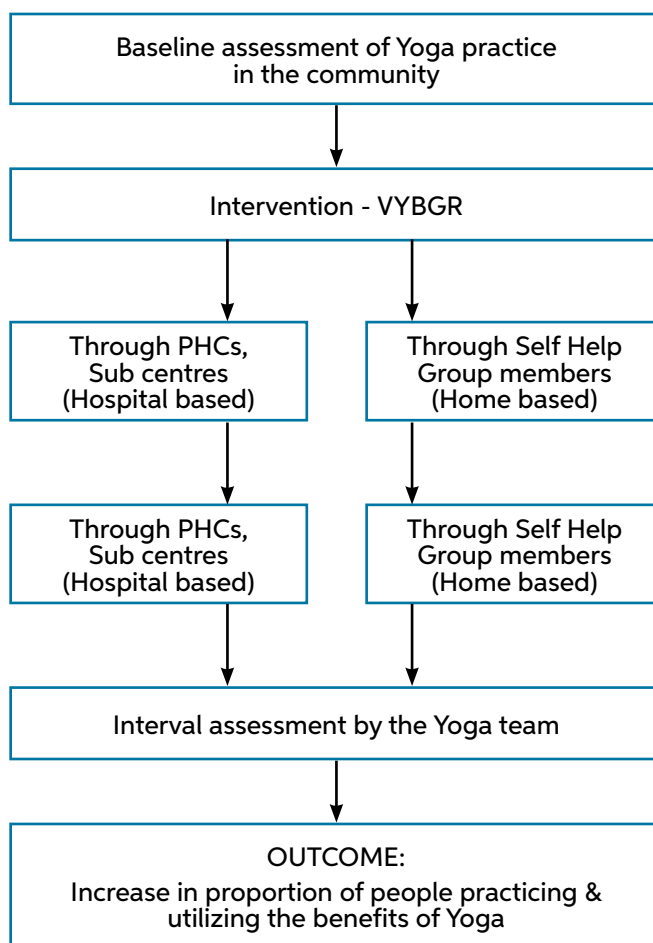
1. Availability of trained personnel at PHCs
2. Community participation
3. Standard protocol/ model developed for training at village/PHC level
4. Set standards for monitoring quality care
5. Public private partnership

Extensive literature search did not reveal any work regarding the role and utility of Yogic concepts application in villages. This model of incorporating yoga to villages could be incorporated for long-term sustainability. This model will provide scalable and cost-effective policy with respect to application of yoga in resource-poor settings.

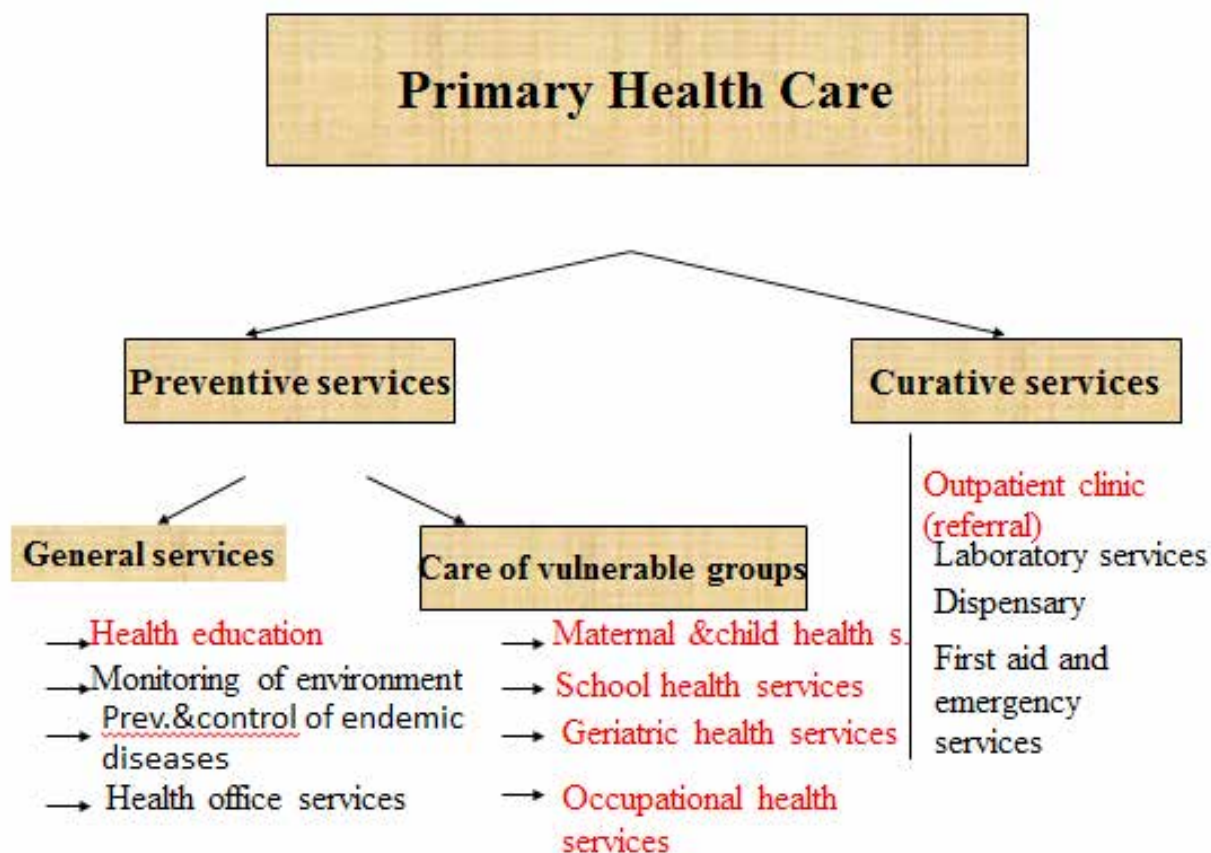
Advantages of the work:

Yoga has application in all services at primary level - like it can be taught for lifestyle management in health education sessions in villages, in maternal & child health – for care of pregnant women (antenatal

Description of The work (Methodology) is given below:



& postnatal care) and adolescent health in rural places (physical & mental health), for elderly people (backache, osteoarthritis, etc.), Outpatient & Inpatients in Primary health centres. The following simple yogic concepts can be applied¹:



- Cultivation of right attitudes (Chitta Prasadhanam)
- Breath–body movement coordination practices (Sukshma Vyayama and Sheetalikarana Vyayama practices, Surya Namaskar)
- Yoga Asanas (Modified versions of the following simple Asanas as per physical condition and other associated health problems of the patient may be used.)
 - Pranayamas (Vibhaga and Pranava Pranayama are beneficial as also Chandra Bhedana and Chandra Nadi Pranayamas)
 - Simple Kriyas & Mudras
 - Yogic relaxation (Hatha Yoga relaxation practices)
 - Yogic counseling

REFERENCES

1. Bhavanani AB, Ramanathan M, Madanmohan. Yoga and mind body therapies in health and disease: a brief review. Annals of SBV 2014;3(1):29-41.