

The Impact of Yoga on Parkinson's Disease

author Mordechai Bukhman



Introduction

Ten years ago, I was diagnosed with Parkinson's Disease (P.D.) at 60 years old. From my physician, I received some advice - more sport and minimum discussion about P.D.

I began to train in the gym, swimming and running without a conversation about P.D.

Why Yoga

In the book by Dr. Phulgenda Sinha, "Yogic cure for common diseases," I found that Yoga makes people healthy with P.D.

I went on and started to learn more about the effects of Yoga on P.D. I found out that much research supports the claim that every P.D. patient that trained in Yoga showed an improvement.

So, I began Yoga practice at the institute of Wingate as a club member with an excellent Yoga teacher Anat Kochavi. After retiring, I took a three-year course in Yoga at the institute of Wingate with another excellent Yoga teacher Noga Barkai.

What is PD

Parkinson's disease is a brain disorder that leads to shaking, stiffness, and difficulty walking, balancing, and coordination.

With PD, we have degeneration of nerve cells producing Dopamine for the Nervous system.

P.D. and Physical Activity

Physical activity is essential for a human. Human regularly has to do special exercises for muscle tonus. Otherwise, the muscle loses its pump function, and as a result, speed and blood volume

decreases. It brings a lot of trouble for the blood vessels formed thrombus for stroke.

3

Different gym programs engage the upper layer of musculus, introducing certain restrictions. For example, Posture muscles need exercise with a particular technique because they have dual control conscious and subconscious. In contrast, Skeleton muscles are controlled only by consciousness. Active treatment for Posture muscles can give Yoga and deep massage-passive therapy. Genuine yogis can be recognized for their excellent posture. The optimal posture of yogis to master is not only for the sake of aesthetics. This position of the body calms the nervous system. The state of the nervous system corresponds to the state of the body. It characterizes calm wakefulness, which the Patanjali in "Yoga Sutras" calls the criterion for the successful performance of Meditation.

Known from the literature that a good way to slow down P.D. is through Yoga and Tai Chi. This is the main purpose of the exercises. My choice was Yoga.

I started Yoga at the age of 17, and it was in 1969. But in 1970 to the decision of the Soviet government our Yoga center was closed.

Expert Opinion

תאריך: 28/11/2021
מספר: 032575

מרכזי שירותי בריאות

ד"ר חלמן קוק
ביולוגיה
התמחויות:
מפתח במירוצ'יה

טלפון: 09-7470777
פקס: 073-2284122
כתובת: אתחול 124 רעננה

שם המטופל: בוכמן	שם פרטי: מרדכי	ת.ז.: 310046438
תולדה: 22/05/1952	מין: ז	טל. עבודה: 0548082883
כתובת: דולב 4/14 קריית ים	מיקוד: 2900328	

אישור רפואי

התקנת המחלה איטית יותר מהצפוי

ממציא: [חתימה]

אבחנה: PARKINSON'S DISEASE

My attending physician says that the disease is slowing down.

Influence of Yoga

10 years ago, I began Yoga practices for the management of PD.

2-3 times a week my poses were: Surya Namaskar A, Surya Namaskar B, Trikonasana cycle, Prasrita Padottanasana cycle, Vrksasana cycle, Bakasana, Paschimottanasana, Salabhasana, Ustrasana, Setu Bandha, Marichyasana, Navasana, Halasana, Salamba Sarvangasana, Vasisthasana and Adho Mukha Vrksasana, Kapalabhati

Almost the same poses recommended for P.D. therapy Morarji

Desai National Institute of Yoga

Pranayama: Nadishodhana, Ujjayi, Kapalabhati and Anuloma Viloma.

5

Doing Yoga, I felt that its poses influence all body systems. I cannot highlight more important or less important poses, I think that the desired effect gives the set of poses, and I did my best doing Yoga classes to try to follow Yoga principles. Also, I felt that Pranayama essential part of Yoga because by controlling breathing, a person can control the nervous system. Well, I can't do that yet.

Lately, I have included Meditation as a daily practice to understand and feel its influence.

For now, I can say that Vijnana Yoga gives me a great feeling after every class, a good mood, confidence, and improves my quality of life.

Conclusion

Yoga slows down P.D. progression.

Literature

Abraham Liberman, "Parkinson's Disease."

Dr. Ali's Ultimate back book. A remarkable self-help program to prevent and treat all know-back problems.

Ann Svenson, "Science of Yoga."

Orit Sen – Gupta, "Vijnana Yoga"

Orit Sen – Gupta, "Vayu's Gates."

Dr. Phulgenda Sinha, "Yogic Cure for Common Diseases."

Сергей Бубновский "Код здоровья сердца и сосудов".

Бела Вуг "Неврология Йоги"

T.K.V. Desikachar's "The Heart of Yoga"

John Argue "Parkinson's Disease and the Art of Moving: Dancing with the Dragon"