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Impact of yoga on modulation of sympathovagal homeostasis non-invasive predictor of psycho-neuroimmunological status of the individual

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In the recent era, yoga is the scientific discipline which is practiced across the globe to maintain balance of physical, mental, emotional and spiritual health of the individual. Psychoneuroimmunology is the learning of influence among neural, endocrine and behavioral immune response. The central nervous system control immune system through neuroendocrine and autonomic regulation mechanism. Yoga techniques act through hypothalamic, pituitary, adrenal axis to modulate sympathovagal homeostasis. Heart Rate Variability (HRV) is a non-invasive method to assess the sympathovagal homeostasis. HRV is the degree of fluctuation of the RR intervals in the electrocardiogram. Frequency domain analysis of HRV calculates High Frequency mediated vagal (HF) and the Low Frequency sympathetic (LF) powers. Whereas, LF/HF ratios indicating sympathovagal homeostasis. Regular practicing of slow and fast type of pranayam activates parasympathetic and sympathetic nervous system respectively, to restore sympatho vagal homeostasis. To conclude, yoga therapy is practiced regularly along with other life style modifications which can improve and optimize the individual's healthy psychoneuroimmunological status.