

4th International Conference on

Geriatrics & Gerontological Nursing

October 3-4, 2016 | London, UK



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ROLE OF YOGA IN EMPOWERMENT AND STRENGTHENING OF ELDERLY

Background: Older people in India have to look after themselves due to the nuclear family system and also as children are not staying with them due to reasons such as acquiring higher education or employment at distant places. These factors coupled with deteriorating health due advancement of age & change in value system & the attitude amongst children who give more importance to materialism, it was felt necessary to find modalities to empower & strengthen ex-servicemen by Yoga.

Methods: An interventional “Before & After study” was planned for a period of three months for in-patient a hospital for common lifestyle diseases namely Stroke, Diabetes, Senile Depression, Acute Myocardial Infarction & Hypertension. Data on anthropometry, laboratory investigations & Hamilton Depression Score was taken before the study. The 58 elderly subjects aged between 47 to 94 yrs who were already/ freshly admitted & other set of 58 subjects (A total of 116) who reported on daily outdoor basis during the period of study, were having mild to moderate complications due to Life style diseases were enrolled in a Military Hospital at the time of study, were selected. These cases were then subjected to interventions by Yoga for three months followed by measurement of anthropometry, laboratory investigations and Hamilton Depression Score again.

Results: Statistically significant differences were observed before & after study with respect to pulse, respiratory rate, blood pressure, blood glucose, total cholesterol, LDL, VLDL & Hamilton Depression Score (p 0.05). The sleep pattern, sense of well being, posture while sitting to standing and walking with degree of support (stick/other person’s help) improved considerably after the Yoga.

Conclusion: Elderly are recommended to be trained on yoga in by employing part time trainers of yoga. The effect of yoga results in better capability to deal with old age without much support.

Biography

Rajendra Harnagle has been Graduated from Indira Gandhi Medical College, Nagpur, India of Nagpur University as Medical Doctor, with the specialties Social and Community Medicine and Post Graduate Certificate in Physical Medicine & Rehabilitation, HIV/AIDS & Paediatrics from the All India Institute of Physical Medicine & Rehabilitation & Indian Medical association, Delhi, India. Later on he obtained his post-graduation M.D. Community Medicine from Armed Forces Medical College, Pune, Maharashtra India with subjects Preventive & Social Medicine and then started working at The Indian Army where he has continued his research. After retirement as Professor Community Medicine from Armed Forces Medical College, Pune, Maharashtra India. He has worked as Dean & Professor, College of Medicine in Guyana, South America. Presently he has been working at the at the Indore City, India as Medical Superintendent of hospital & Professor Community Medicine.

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