

## 2<sup>nd</sup> International Conference on **Geriatrics & Gerontology**

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### **The evidence base for yoga and yoga therapy with geriatric and palliative care populations**

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There is a growing evidence base to support the use of safe and appropriate yoga instruction and yoga therapy for our ageing population including geriatric and palliative care patients. A review of current research demonstrates the benefits of yoga therapy practices for addressing common physical diseases and the effects of sedentary lifestyles including specific recommendations for health concerns & conditions such as Dementia, COPD (Chronic Obstructive Pulmonary Disease), Cardiac Rehab, Anxiety and Depression, Cancer, Fall Prevention (Balance and Gait), Arthritis, Chronic Pain, Sleep Problems and Palliative Care Patients. Yoga practices and philosophies offer tools to address grief, caregiver fatigue, end of life and other psychological and spiritual challenges for palliative care patients. The implications of this research for integrating yoga, breathing exercises, laughter yoga, visualization practices (motor imagery), spirituality, mindfulness and meditation into existing geriatric health care programs with an integrated approach that addresses concerns for safety and feasibility will be discussed. The current research provides a strong evidence base for incorporating yoga and yoga therapy into geriatric health and wellness programs to support the ageing population in maintaining physical health, biochemical and psychological health and wellbeing.

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### **Modalities of empowerment and strengthening of elderly**

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**Background:** Older people including ex-servicemen in India are left to fend for themselves due to nuclear family system & since mostly children are also not staying with them due to reasons such as acquiring of education or employment at distant places. These factors coupled with deteriorating health with advance of age & change in value system & attitude amongst children who give more importance to materialism, it was felt necessary to find modalities to empower & strengthen ex-servicemen by available modalities including progressive weight training, yoga & meditation.

**Methods:** An interventional "Before & After study" was planned for a period of three months for in-patient ex-servicemen of a military hospital for common lifestyle diseases namely Stroke, Diabetes, Senile Depression, Acute Myocardial Infarction & Hypertension. Data of anthropometry, laboratory investigations & Hamilton Depression Score were taken before the study. These cases were then subjected to interventions (progressive weight training & spiritual health enhancement by yoga with meditation for three months) followed by measurement of anthropometry, laboratory investigations and Hamilton Depression Score again after the interventions.

**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 interventions.

**Conclusion:** Ex-servicemen are recommended to be trained much before retirement on progressive weight training & yoga in Regimental Centre/Station institute & provision to be made in existing ECHS polyclinics for employment of part time trainers of progressive weight training & yoga. The effect of strengthening physically as well as spiritually results in better capability to deal with old age without much support.

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