

# Case Study

## Holistic Health Management

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Dev Sanskriti Vishwavidyalya, Haridwar has established the Yoga Aarogya Polyclinic in 2007 known as Centre of Alternative Medicine (CAM). The main agenda of the clinic is to provide medical services to patients and facilitate research, education and training. The polyclinic has earned recognition in both India and Abroad. It provides the therapies such as: Yoga therapy, Naturopathy, Panchkarma, Yagyopathy, Psychological Therapy, Acupressure Therapy, Pranic Healing, Ayurveda, Physiotherapy, Marma Therapy, Sound Therapy.

In the past, CAM (Centre of Alternative Medicine) treated various patients who were suffering from physical and mental disorders. Some of the patients' details are discussed below:

### Case 1

A 35-year-old, Riya, R & D director in a high-tech firm, and was in line for promotion to Vice President. She had an active social and professional life. She felt worried sometimes, but believed that she was in control of her life and doing quite efficiently. For several months, she felt dizziness and tingling sensations in her fingers and had attacks of shortness of breath, heart palpitations, and chest pains. Her symptoms were so severe that on two occasions she rushed to a nearby hospital emergency room, fearing she was having a heart attack.

She was surprised when her cardiologist observed “heart attack” symptoms in her. Tests found nothing wrong with her heart. She left the hospital with instructions to breathe into a paper bag to reduce hyperventilation, and a prescription for tranquilizers. She felt embarrassed,

angry, and confused, and convinced that she almost had a heart attack. She discussed the issue of her health in Dev Sanskriti Vishwavidyalya which gives treatment to its patients through Holistic Health Management. Dev Sanskriti Vishwavidyalya showed Riya how she is developing stress problem which may cause physical and mental problems and how her stress expressed itself in her “heart attack” and other symptoms. It also provided different types of therapies for an effective stress action plan such as Om Chanting, Pawan Muktasana, Eye Movement Exercises, Neck Movement, Surya Namaskar, Pragy Yoga, Sarvangasana, Nadishodhan Pranayam, Jnana Mudra, Prana Mudra, Jalneti , Tratak, Savasan, Yognidra and So-Ham Sadhana that helped to reduce her stress and put her back in control of her life.

The result indicated that regular practices of yogic package like Asana, Pranayama, Mudra, Relaxation Technique were useful to reduce the stress. These techniques were extremely relaxing and improved the psycho physiological health of the patient.

### Case 2

Atul, 51, Marketing Director of a software firm was experiencing work related “stress” and a general feeling of tiredness. He worked for about 66 hours a week and did not have a lot of time left over for his family members. He has gone totally away from his social life. He ate breakfast and lunch in hurry and was taking more caffeine through coffee and tea and late dinner in night. He watched TV till late night, had delayed sleep onset and gets about 4 hours sleep if he’s lucky. He was feeling lonely, frustrated and was not happy with his 42 inch waist.

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The physician prescribed a battery of laboratory screening tests (Hemoglobin, Lipid Profile, Thyroid, GGT, ECG, Vitamin D and Vitamin B-12) that are all within normal levels. However, he was developing a pathetic physical and mental condition day by day. The negative impact of his poor health leads to his poor performance in professional and personal life. Atul believed that vitamin or herbal preparation that will “give him his energy back” and a non-addictive medication to help him sleep. He understood if only he could increase his energy levels, he would be able to cope. With this aim in mind, he planned to visit Dev Sanskriti Vishwavidyalaya for Holistic Health Management course which aims to rejuvenate body and mind through alternate medicine system.

Holistic Health Management includes Yoga, Meditation and Therapeutic application of Yagya with the help of which one may discover inner peace and harmony. Yagyopathy leads a person towards total health. This is an ideal integrated course for anyone who is interested in healthcare, holistic psychological and spiritual well-being. This course leads to balanced growth of the people in harmony with nature, making the people wholesome, healthy, culturally rich, spiritually sound and self-dependent by using traditional and indigenous approach of simple living and high thinking.

Results were amazing about the cure of Atul’s disease. Atul was doing much better now. He was using the various stress management techniques and strategies to improve his sleep and mood. His tension and fatigue were significantly reduced. He started to feel that he was handling the stress at work much better. He was eating better and had more energy. He was spending more time with family and friends. Now he was in a position to replenish his energies in a better way.

### Case 3

Vinayak 45, working in MNC was also having techno-stress and symptoms like negative attitude, negative thought, negative feeling towards technology, physical and psychological symptoms when he managed directly or indirectly hi-tech products, anxiety, tetchiness, mental

fatigue, hopelessness, nightmares, panic and feeling of helplessness and suffered from Cervical & Spondilitis etc. His home life was troubled and his blood pressure was dangerously high. His physician thought, Vinayak needed to control his stress.

Vinayak took allopathic treatment for a long time but was not satisfied. After getting worried, he visited to Dev Sanskriti Vishwa Vidyalya, Haridwar at the Centre of Alternative Medicine. It helped Vinayak to identify the areas of stress in his life and advised him to follow Holistic Health Management techniques, which will help him in reducing stress. He was now able to cope up with his stress simply by changing his schedule by coming in to work and going home an hour later. The result was measurable within a year: His stamina got back on track, Company’s stock leapt, and Vinayak’s blood pressure had dropped to a healthier level. Eventually, he was able to discontinue his antihypertensive medication and reverse his company’s downward slide.

### Conclusion

From inception to completion, the overriding element of successful treatment of these above discussed patients involved awareness of towards leading the better and stress free life with the practice of Yoga Pranayam and other excercises. The direction and advice on work related stress given by Dev Sanskriti Vishwavidyalya proved to be commendable and worth for all the people in present day time.

Well, Well, Personal Wellness.

### Questions

1. Evaluate the contributions and relevance of CAM at DSVV, Haridwar in removing stress of the people?
2. Yoga and Pranayam should be practiced by each human being on regular basis? Justify.
3. Do you think that the patient who got the treatment should be provided a free and open forum where they may exchange and put forward their experiences with DSVV ?