



Address by the Chief Guest

Total Health through Yoga

Dr. H.R. Nagendra

*Vice Chancellor, SVYASA Yoga University, Bangalore &
Hon President, Hindu University of America, Orlando, FL, USA
e-mail: hrn@vyasa.org*

Global Health Scenario:

In today's world health scenario there are many factors driving the growth of diseases, but most experts agree that changes in lifestyle and diet are the major attributes. As developing countries rapidly industrialize, people tend to do work involving less physical activity. At the same time, the availability of food that is cheap but high in calories becomes more common. Stress and other psychological phenomena also play a key role in widespread illnesses. The trend emerging is that the age ranges have been dropping, so that people are getting sick in the prime of their life.

No Solution:

The word 'cure' has been removed from the dictionary of the medical world! Medical professionals base their practice on this concept which can present frustration and a dilemma to patients who want to cure or full recovery from their disease.

In Yoga, 'Cure' is possible due to the treatment of the root cause of the disease. Through Yoga emotional imbalances are brought down by the art of sublimation of emotions. They eradicate the root cause of the diseases, Ādhi. Advanced yogic techniques harness energy to bring about powerful healing of dreaded diseases like Cancer.

The Reason:

Fortunately, we are now in a position where we understand almost everything about the physical universe around us. The central principle of the Newtonian mechanics is determinism. The core of the deterministic approach is to find the main cause to a given phenomenon. All other causes have little or no influence.

A paradigm shift in our thinking is necessary to understand that consciousness is at the base of this universe. Such a shift is necessary to meet the challenges of the modern era.

This world view can also be called a matter-based approach, everything is created out of matter and there is nothing beyond it. Life is regarded as an offshoot of matter.

The principles of modern medicine and surgery are based on this mechanistic world- vision. The study of man based on the study of parts making the whole has come to pass. The modern science is essentially one dimensional and physical, while the challenge facing us is multi-dimensional.

Increasing Cost of Treatment:



A crisis facing the world is the escalating costs of treatment in tertiary hospitals. There are high costs of medical care - more often resulting in extensive diagnostic procedures, medication, surgery and hospitalization.

Modern medical systems depend heavily on instruments and equipment and hence both medical personnel and patients have to spend much of their finances for these diagnostic and technological items, as opposed to actual healthcare which relates to their recovery.

Secondary and Side Effects of Modern Medicine:

There are no complete solutions in modern medicine. Treatment of one disease leads to another and a host of other problems. The dependency on tablets becomes more and more.

People are sick of this and are turning to Alternative and Complimentary systems of medicine - starting of NIHCAM and the launching of the Traditional Medicine Wing in WHO.

Yoga and IAYT:

Yoga offers solutions as it is multi-dimensional; hence can offer a total solution. It is here that India has to make its great contributions, as India has the complete knowledge base, which is contained in the Vedas. Coming from the root vid jnane, the Vedas treasure us with the total knowledge - a knowledge-base much needed for us in the modern era to meet the challenge.

Derived from the verbal root Yuj, the term yoga means joining; joining our small individual personality with all pervasive cosmic personality; raising us from an animalistic level to the highest levels of perfection, featured by total freedom, knowledge and bliss as shown below.

IAYT (Integrated Approach of Yoga Therapy) uses all these streams of yoga to tackle the multidimensional problems of modern diseases and is providing the answer to the challenges of our age.

Solving the problems just at the physical level will not answer the challenge of modern ailments. These modern multidimensional problems need a total holistic approach. Yoga is the key.

NEED FOR EVIDENCE BASED SYSTEM – YOGA:

S-VYASA has an edge over all other Yoga Institutions in India and the world through its largest number of publications in the field of Yoga research and applications

Cost Effectiveness of Yoga:

Yoga therapy is a cost effective drugless therapy. Many diseases have been treated throughout the world and more research is being explored. In the case of back pain disorders we can see that modern medicine is by far more costly than yoga therapy. A news article written by Los Angeles Times wrote: 'Considering the high costs of medical care in the case of back related problems – more often resulting in extensive diagnostic procedures, medication, surgery and hospitalization – it makes economic sense to encourage patients to seek a more cost effective route which could save medical schemes millions annually.'



Yoga Therapy - in Tune with the Tradition of India

According to Upaniṣadic and Yoga lore the diseases start in the Manomaya kosa as adhi and percolates down to the Annamaya Kosha becoming Vyadhi. Unless the root cause is removed these ailments (Vyadhis) cannot be cured. The IAYT (Integrated Approach of Yoga Therapy) works at all the levels to solve the Vyadhis completely. Without losing all the advantages of the modern medical system, the IAYT works as an effective adjunct to the modern medical system.

The approaches of the Upanishads are akin to modern science, experimental in nature, without blind beliefs. It is verifiable by experience. The style of the Upanishads is in the form of questions and answers between students and teachers. The teacher is open-minded to learn more and more prepared to impart the wisdom he has acquired through study, inner experimentation, and revelations. The lab is inside us, the least expensive one to use in contrast to most expensive external labs of modern science. The student is sincere, committed, interested in unraveling the mysteries of the deeper world. With utmost humility, he comes prepared to change and transform himself under the guidance of his teacher (or guru).

Need of the Hour:

It is the need of the hour to establish a Center of Excellence in Yoga, to train Yoga experts, practitioners and therapists systematically, to use authenticated Yoga in the treatment of modern ailments and to do long term follow up. All these have been done by S-VYASA for the last 22 years from Prashanti Kutiram extending to all over the world.

We need to expand further and climb to new horizons. The world awaits the contribution of YOGA in holistic lifestyle and peaceful co-existence.





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e-mail: hrn@vyasa.org

Dr. H. R. Nagendra is the Vice Chancellor of SVYASA Yoga University, Bangalore & Honorable President, Hindu University of America, Orlando, Florida, USA. Dr. H. R. Nagendra is a doctorate in Mechanical Engineering but with a life mission to explore subtle aspects of consciousness through yoga and President of Vivekananda Yoga Research Foundation, Bangalore. Dr. Nagendra was a NASA Research Associate and Consultant at Harvard University before his interests turned to full time involvement in human engineering and the search for ultimate reality. A teacher & a researcher par excellence, he has devoted over 30 years of his life to teaching, research, consultancy and training in Stress management & Yoga practices, Health management with yoga therapy and management of SVYASA institution. He has published nearly 35 books in Yoga and has authored and co-authored 70 research papers and guided nearly 250 dissertations and presented nearly 400 papers related to yoga therapy and other applications in leading conferences all over the world. Dr. H. R. Nagendra has established many SVYASA centers all around the World and collaborated with many natural health centers like Indus Valley Ayurveda Centre in Mysore, National Institute of Mental Health and Neurological Sciences (NIMHANS), Bangalore, India and Hindu University of America, Orlando and Centre for Positive Health, South Florida, USA to examine the efficacy of yoga practices to solve the basic problems of the high-technology era. Dr. Nagendra through The Indian Yoga Institute, the academic wing of SVYASA, has set up PhD courses recognized by Universities of Bangalore, Mysore, Mangalore and the Rajiv Gandhi Institute of Health Sciences, Bangalore. He is multi linguist and recipient of several awards at state and national levels.

