



# P a r a l y s i s

# Yoga and paralysis

- Although paralysis is one of the severest of medical conditions, however, it may still be treated with the help of yoga
- Patient suffering from paralysis may strengthen their nerves and muscles with the help of yoga
- With some assistance even chronic stroke patients with significant paralysis on one side can manage to do modified yoga poses
- Baba Ramdev yoga for paralysis has been designed keeping in mind the physical and mental condition for paralysis patient

# Yoga asana for paralysis

according to Baba Ramdev

## Veerasana

- The term Veerasana has been coined by combining “Veera” and asana.
- “Veera” means a warrior or a brave hero.
- The same qualities are developed in the people who practice this yoga pose



# Yoga asana for paralysis

## Parvatasana

- In this asana the body is stretched to look like mountain peak
- so it is called the Parvatasana
- parvat means mountain in Sanskrit.



# Yoga asana for paralysis

## Siddhasana

- Recommended for the persons who suffer from paralysis
- Meditation in this pose enables to calm the mind



# Yoga asana for paralysis

## Ardha matsyendrasana

- it helps in lengthening and strengthening the spine
- beneficial for liver, kidneys, as well as adrenal glands
- the back muscles are pulled and stretched in a different direction than usual and this relieves tension



# Conclusion

- Performing yoga regularly can help people who have had a stroke regain their balance, stop them falling over and maintain their independence
- The long-term outcome of partial paralysis depends upon:
  - the cause of the paralysis
  - the timeliness and quality of treatment
  - the patient's response to treatment
- In some cases full or partial recovery is possible, while in other cases partial paralysis is permanent