CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

YOGA FOR Vasovagal Syncope



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DISCLAIMER

Kindly consult your treating physician before practicing these techniques. Ideally, they should be performed under the supervision of your physician and a formally trained yoga teacher. These practices should be started gradually and can be modified according to individual needs.

GUIDELINES

Before the Practice

- Yoga should be practiced in a clean and quiet atmosphere.
- Yoga should be practiced on an empty stomach or light stomach. Eat at least 2-3 hours before practice.
- Bladder and Bowel should be empty before starting the practice.
- Light and comfortable clothes are preferred to facilitate the easy movements of the body.
- In case of any shortness of breath/chest pain/giddiness, please consult the Yoga physician prior to practice.

During the Practice

- All practices should be done slowly, in a relaxed manner, with awareness of body and breathing.
- Always breathe from nostrils and avoid holding breath in any practice.
- Avoid holding of the body tightly or jerky movements at any time.
- Perform according to your capacity. Regularity is a more important factor here.
- In case of having difficulty while sitting down on the floor for a long duration, one can use a chair.
- In case of any breathing difficulty/discomfort/blurred vision during the practice, stop the practice immediately and inform the therapist.

After the Practice

- Take bath before/after 20-30 minutes of practice.
- Eat only after 30 minutes of practice.

YOGA MODULE

List of Practices	Rounds	Duration
Starting prayer		1 min
Breathing Exercises		
Hands stretch Breathing	10	2 min
Hands In and Out Breathing	10	2 min
Tiger Breathing	5	2 min
Straight Leg Raise Breathing both Legs (SLR)	5	2 min
Shalabhasana Breathing and Holding	5	1 min
Instant Relaxation Technique (IRT)		1 min
Yogasana		
ArdhakatiChakrasana		1 min
Ardha Chakrasana		1 min
Padahastasana		1 min
Vakrasana		1 min
Janusirshasana		1 min
Vipareetakarani Asana		1 min
Deep Relaxation Technique (DRT)		8 min
Pranayama		
NadiShuddhi Pranayama	9	3 min
Ujjayi	6	3 min
Bhramari	6	2 min
AUM Meditation		7 min

STARTING PRAYER

Sukhasana

SUKHASANA

Steps

- Sit in a comfortable meditative posture-Sukhasana and adopt Dhyana mudra.
- Close your eyes softly. Observe your whole body and breathing.
- Turn your mind inwards.
- Begin the yoga session with chanting of "AUM"three times and feeling the vibrations of same.



"ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥"

"Om Saha Navavatu
Saha Nau Bhunaktu
Saha Veeryam Karavavahai
Tejasvi Naavadhiitamastu Ma Vidvishavahai
Om Shantih Shantih Shantih."

Together we may be protected
Together may we be nourished
Together may we work with great energy
May our journey together be brilliant and effective
May there be no bad feeling among us
OM Peace, Peace, Peace.

BREATHING EXERCISES

Hands Stretch Breathing

Hands in and Out Breathing

Tiger Breathing

Straight Leg Raise Breathing (SLR)

Shalabha asana Breathing and Holding

HANDS STRETCH BREATHING

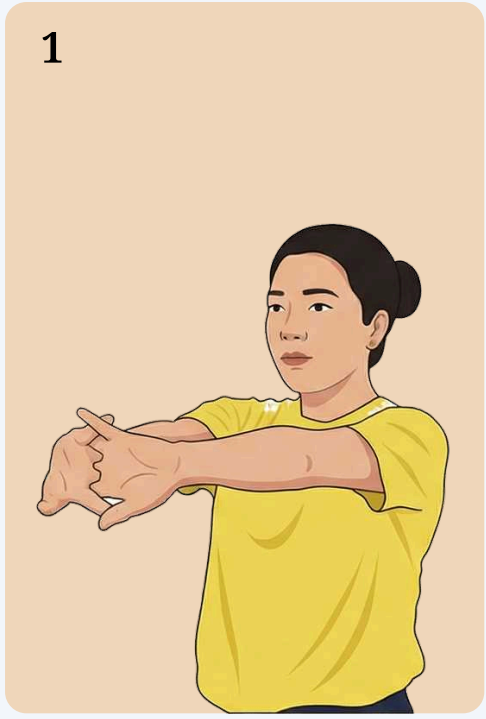
Steps

- Stand straight with feet together.
- Gently bring your hands in front of the chest.
- Interlock the fingers and place the palms on the chest.
- Relax and relax your shoulders.
- Close your eyes.



Stage I: (Horizontal level - 90°)

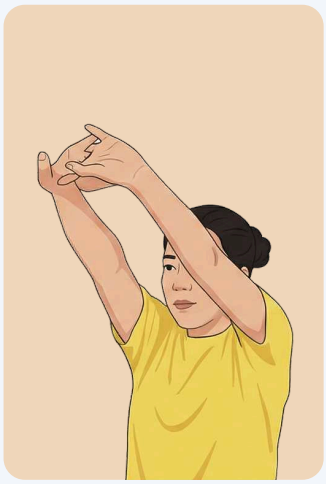
- While inhaling, stretch the arms straight out in front of your body.
- At the same time twist the hand so that the palms face outwards.
- Fully stretch the arms, but do not strain.
- Now while exhaling reverse the process and bring the palms back on to the chest
- This is one round. Repeat for 3 times.



HANDS STRETCH BREATHING

Stage II: (At 135°)

- Now inhale and stretch the arms above the forehead at an angle of 135°
- On exhaling, bring your palms back on the chest, relax the shoulders.
- Repeat for 3 times.



Stage III: (Vertical - 180°)

- Inhale and stretch the arms vertically above the head at angle of 180°.
- On exhaling bring your palms back on the chest, relax the shoulders.
- Repeat for 3 times.



Awareness

- Maintain complete awareness of breathing and synchronize the breathing with hand movements

Note

- Relax the shoulders at the beginning and end of each cycle.
- Exhalation should be longer than inhalation.
- If required, it can also be practiced sitting in a chair.

HANDS IN AND OUT BREATHING

Steps

- Stretch out your hands to the front, in level with your shoulders and bring your palms together.
- While inhaling, spread your arms sideways in horizontal plane.
- While exhaling bring your arms forward with palm touching each other.
- Make your arm movements continuous, synchronizing with the breath flowing in and out rhythmically.
- Repeat for 10 times





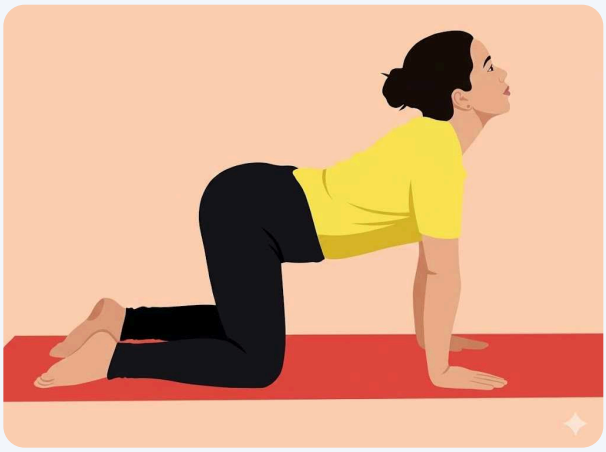
Awareness

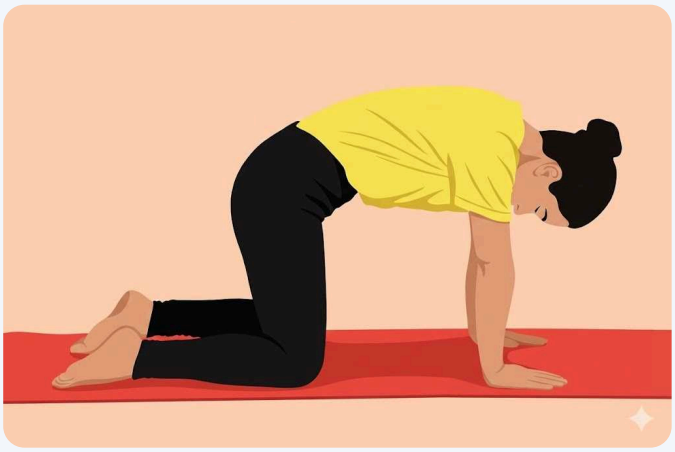
- Feel the changes in arms, shoulder, back, neck and be aware of breathing.

TIGER BREATHING

Steps

- Sit straight with stretched legs to the front, keep your hands beside the buttocks.
- Bend your legs one by one and sit comfortably in Vajrasana.
- Separate your knees by one forearm distance.
- Lean forward and place the palms forward at one forearm distance from the respective knees, move your palms one handspan further with the fingers pointing forward.
- Separate the feet in such a way that palms, knees, and feet are in parallel to each other.
- In this position, your spine will be parallel to the floor.





Awareness

- On breathing, spine, neck and chest muscles.

STRAIGHT LEG RAISE BREATHING

Steps

- Lie down on your back. The head and spine should be in a straight line.
- Keep your arms straight above the head on the floor.
- While inhaling slowly raise the right leg without bending the knee, as far as comfortable.
- While exhaling return the leg to the floor as slowly as possible.
- Repeat the practice with the left leg.
- Repeatfor 5 rounds



Awareness:

- Synchronize the breathing with the leg movement.

SHALABHA ASANA BREATHING AND HOLDING

Steps

- Lie down on your abdomen, legs together, chin on the floor.
- Keep your palms underneath the thighs.
- While inhaling raise the right leg up as far as comfortable without bending the knee.
- While exhaling return the right leg back on to the floor slowly.
- Repeat with the left leg in the same way.
- This is one round.
- In shalabh asana breathing for 5 rounds each side.



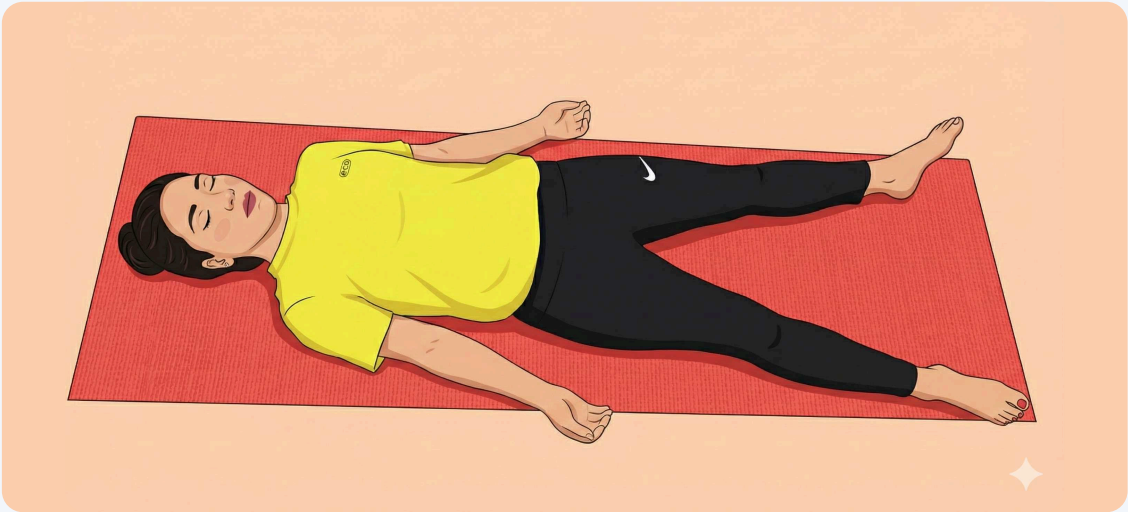
Awareness:

- Synchronize the breathing with the leg movement.

INSTANT RELAXATION TECHNIQUE (IRT)

Steps

- Gently brings your awareness on the tip of the toes. Stretch the toes, tighten the ankle joints and tighten the calf muscles. Pull up the knee caps.
- Tighten the thigh muscles. Compress and squeeze the buttocks. Exhale and squeeze in the abdomen.
- Make a fist of the palms and tighten the arms. Inhale and expand the chest. Tighten the shoulders neck muscles and compress the face.
- Tighten the whole body from toes to the head. TIGHTEN...TIGHTEN...TIGHTEN...release and relax. Legs go apart, arms go apart, palms facing the roof.
- let the whole body sink down. Enjoy the relaxation.



YOGASANAS

Ardha Kati Chakrasana

Ardha Chakrasana

Padahastasana

Vakrasana

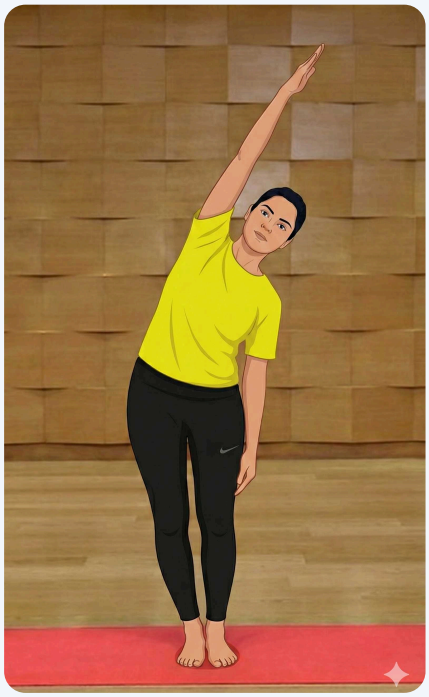
Janushirsh asana

VipareetakaraniAsana

ARDHA-KATI CHAKRASANA

Steps

- While inhaling, slowly raise the right arm sideways up until the arms touch the right ear.
- Give a gentle stretch to the right arm upwards.
- As you exhale, bend the trunk slowly to the left side.
- The left palm slides down along the left thigh.
- Maintain for about 10-30 seconds with normal breathing.
- Slowly while inhaling come back to vertical position and stretch the right arm up.
- With exhalation bring the right arm down to sthiti position.
- Repeat on the left side, by bending towards the right side.



ARDHA-CHAKRASANA

Steps

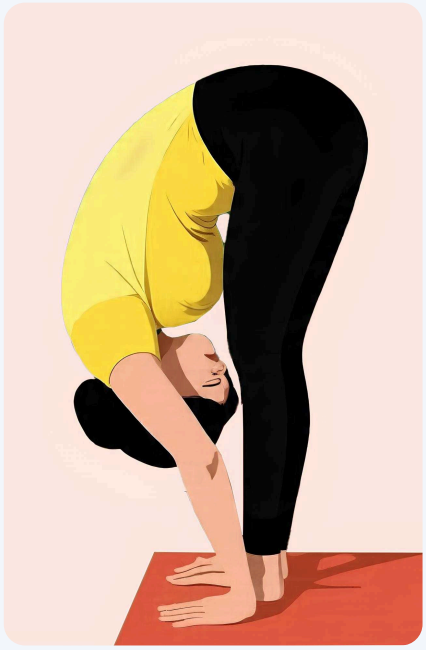
- Separate your legs to the shoulder width.
- Support the back at the waist by the palms, fingers pointing forwards.
- nhale and bend backwards from the lower back. Drop the head backwards.
- Maintain this posturefor 20-40 secondswith normal breathing.
- With exhalation return to the sthiti position.
- Relax with legs apart, hands hanging freely and closed eyes.



PADAHASTA ASANA

Steps

- Inhale and raise the arms sideways until the biceps touches the ears
- Stretch up the body from the waist
- Exhaling bend forward from your waist till wherever possible.
- Keep exhaling and moving down further.
- Do not strain and in padahasta asana posture for 20-40 seconds with normal breathing.
- Inhale come up slowly to the vertical position
- Exhaling drop down the arms and relax.



Awareness:

- Physical- on the back and pelvic region.

VAKRASANA

Steps

- Bend the right knee and place the right foot beside the left knee.
- Straighten the waist and with exhalation twist towards the right. Bring the left arm around the right knee and catch the right big toe.
- Take the right handback and keep the palm on the ground in such a way that the trunk is kept erect with a proper twist.
- After maintaining for about 10-30 seconds with normal breathing return to normal sitting sthiti and relax for a while.
- Repeat the same on the other side.



JANUSHIRSH ASANA

Steps

- Bend the left leg, placing the heel of the left foot against the perineum and the sole of the left foot against the inside of the right thigh.
- Inhaling raise your arms straight above the head.
- Exhaling slowly bend forward as much as possible and if possible grasp the right toes.
- Try to touch the forehead to the knee. Maintain this posture for 10-30 seconds.
- Repeat the process with your other leg.



Awareness:

- Breathing movement & spinal stretch.

Note:

- Don’t perform in case of severe back and stomach pain.

VIPAREETAKARANI ASANA

Steps

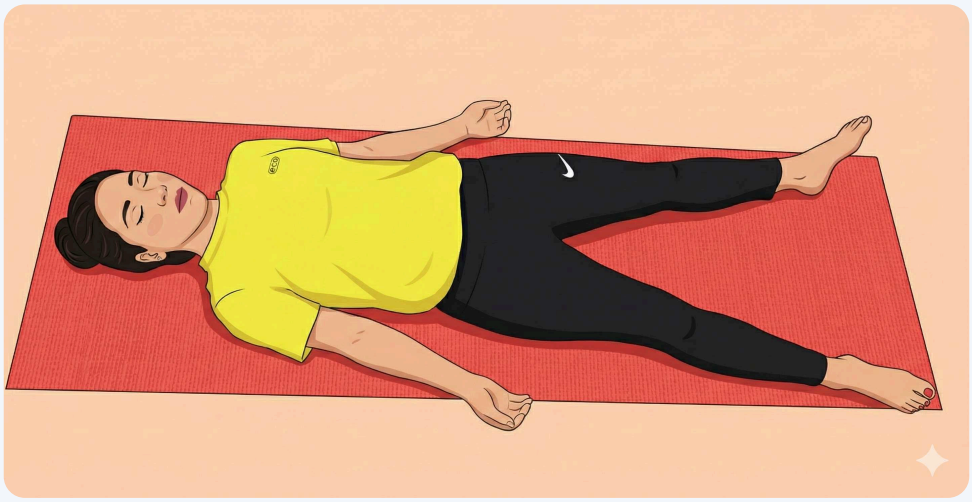
- Bring the legs together and while inhaling slowly raiseyour legs upto 90° angle.
- Keep your upperbody angled at 45° from the ground and legs vertically in place.
- Relax the thigh muscles and release the weight of your belly deeply into your torso, towards the back of the pelvis.
- Breathe with deep inhalation and exhalation and remain in this position according to your comfort.



Awareness:

- On the various sensations of the body adjusting to its inversion, on control of the movement, on the neck or thyroid gland, and on the breath.

DEEP RELAXATION TECHNIQUE (DRT)



Slowly slide down to Savasana with the support of the elbows. Legs apart, hands apart, palms facing the roof. Let the whole body be on the ground. Let your body be comfortable and relax completely.

Phase I

Bring your awareness to the tip of the toes, gently move your toes and relax. Slowly and subsequently relax the soles, ankle joints, calf muscles, gently pull up the knee caps, release and relax, relax thighs muscles, buttock muscles, hip joints, pelvic region and the waist region. Relax your lower part of the body completely. R....E....L....A....X

Phase II

Gently bring your awareness to the abdominal region and observe the abdominal movements for some time, relax your abdominal muscles and relax the chest muscles.
Bring your awareness to your lower back, relax your lower back and loosen all the vertebral joints one by one. Relax the muscles and nerves around the back bones. Relax your back and shoulder blades completely.
Shift your awareness to the tips of the fingers, gently move them a little and sensitize. Relax your fingers one by one. Relax your palms, loosen the wrist joints, relax the forearms, loosen the elbow joints, relax your arm (triceps and biceps) and relax your shoulders.
Shift your awareness to your neck, slowly turn your head to the right and left, again bring back to the center. Relax the muscles and nerves of the neck.
Relax your middle part of the body, totally relax. R.....E...L...A...X
Chant U-Kara and feel the vibrations in the middle part of the body.

Phase III

Gently bring your awareness to your head region. Relax slowly and subsequently chin, lower jaw, upper jaw, lower gums, upper gums, lower and upper teeth and tongue.
Relax hard and soft palate, throat and vocal cords.
Gently deviate your awareness to your lips, relax lower and upper lip.
Shift your awareness to your nose, observe nostrils and perceive the warm air touching the walls of the nostrils while exhaling out and feel the cool air touching the walls of the nostrils as you inhale. Do it for some time and then relax.
Relax cheek muscles and keep a gentlesmile on your face.
Relax eye balls muscles, feel the heaviness of eyeballs, relax your eye lids, eye brows and in between the eyebrows. Relax your forehead, temple muscles, ears, the sides of the head, back of the head and crown of the head. Relax your head region, totally relax. R...E...L...A...X
Chant Mmm and feel the vibrations in your head region.

Phase IV

Observe your whole body from toes to head and relax, chant an AUM in a single breath. Feel the vibrations throughout the body.

Phase V

Slowly come out of the body consciousness and visualize your body lying on the ground completely relaxed.

Phase VI

Imagine the vast beautiful sky. Expand the horizon of your awareness as vast as the blue sky. Feel yourself as a part of the sky. You are becoming the blue sky. You are the blue sky. Enjoy the infinite bliss. E...n...j..o..y the blissful state of silence and all pervasive awareness.

Phase VII

Slowly come back to body consciousness. Inhale deeply. Chant an AUM.Feel the vibrations throughout your body and the soothing and massaging effect from toes to head.

Phase VIII

Gently move your whole body a little. Feel the lightness, alertness and movement of energy throughout the body. Slowly bring your legs together and the hands by the side of the body. Turn over to the left or the right side and come up when you are ready.

PRANAYAMA

NadiShodhana Pranayama

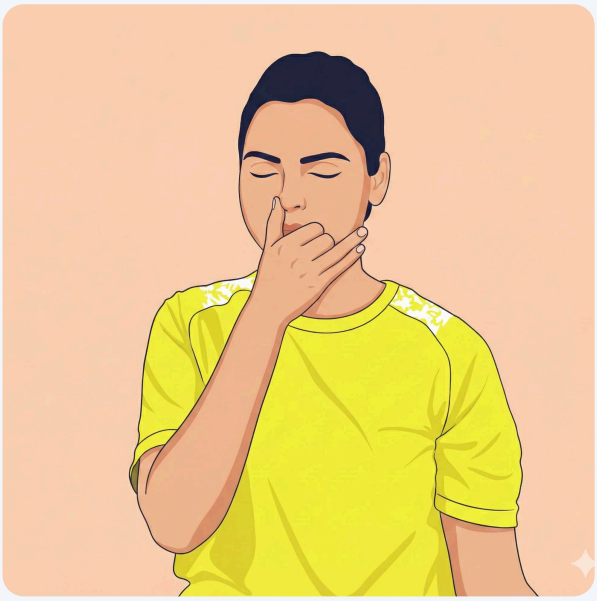
Ujjayi Pranayama

Bhramari Pranayama

NADISHODHANA PRANAYAMA

Steps

- Fold the index and middle fingers of your right hand gently.
- Both fingers should be relaxed. The thumb is above the right nostril and the ring finger above the left.
- These two digits control the flow of breath in the nostrils by alternately pressing on one nostril, blocking the flow of breath, and then the other.



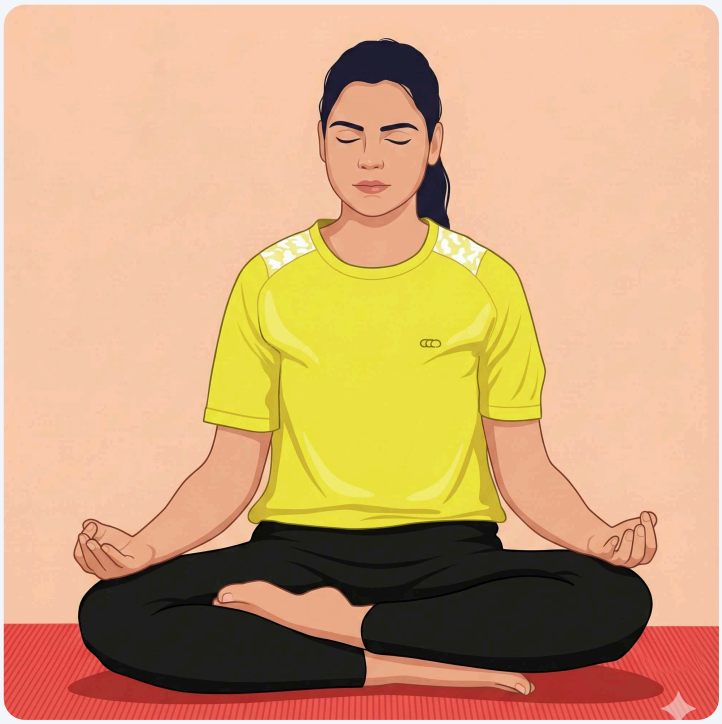


- Sit in a comfortable posture with back straight and eyes closed.
- Left hand should be in dhyana mudra and right hand in Nasagra mudra.
- Close the right nostril, breathe in through the left nostril then close the left nostril, breatheout through the right.
- Again, breathe in through the right nostril and breathe out through left nostril. This is one round.
- Repeat it for 12 rounds.

UJJAYI PRANAYAMA

Steps

- Sit in any comfortable meditative asana.
- Take the awareness to the breath in the nostrils and allow the breathing to become calm and rhythmic. After some time, transfer the awareness to the throat.
- Feel or imagine that the breath is being drawn in and out through the throat and not through the nostrils, as if it is taking place through a small hole in the throat.
- As the breathing becomes slower and deeper, gently contract the glottis so that a soft snoring sound, like the breathing of a sleeping baby, is produced in the throat. Both inhalation and exhalation should be long, deep and controlled.
- This is one round. Repeat for 9 rounds.



BHRAMARI PRANAYAMA

Steps

- Sit in a comfortable pose, close the eyes and relax the whole body.
- Make a fist of your hands and stretch the first finger out of both hands. Use this finger to close the ears.
- Take a deep inhalation and chant Mmm on exhalation. While chanting M-Kara, try to extend the 'M' part. Observe that your lips are closed, rows of teeth are separated and the tongue is just behind the lower set of teeth.
- Repeat for 9 rounds.



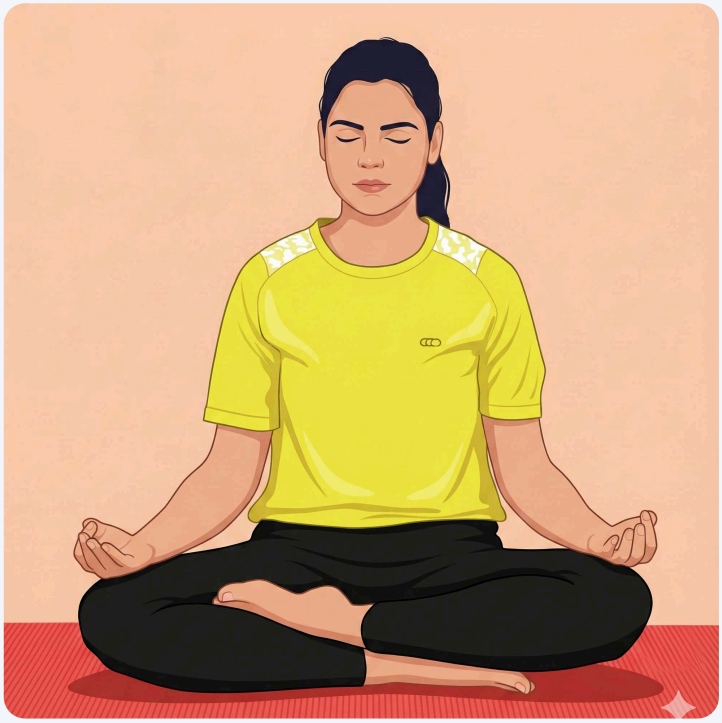
Awareness

- Centre of the head.

‘AUM’ MEDITATION

Steps

- As modified from the Nadanusandhana practice explained in Hatha Yoga Pradipika - Sit in any comfortable meditative posture feeling completely relaxed. Start taking some deep breaths.
- AUM comprises of 3 syllables A, U, M. Start chanting of ‘A’-kara as you exhale for 3 times loudly (Ahata) followed by internal chanting of the same (Anahata). Repeat the same with ‘U’-kara and ‘M’-kara. For 3 times each.
- Then, chant ‘AUM’-kara for 9 times loudly (Ahata) followed by internal chanting (Anahata) for 9 times. Feelthe silence after 9 rounds and try to merge yourself with the silence.



CLOSING PRAYER

Sit in a comfortable meditative posture, Sukhasana and adopt Dhyana mudra keeping your eyes softly closed. Observe all the changes in your body and mind after the session. Observe your breathing which is more rhythmic now. End the yoga session with chanting of "AUM"- Kara followed by the Shanti mantra:

"SarveBhavantuSukhinah
SarveSantu Nir-Aamayaah
SarveBhadraanniPashyant
u
MaaKashcid-Duhkha-Bhaa
g-Bhavet
Om
ShaantihShaantihShaantih
"

Meaning:

May all become happy May none fall ill May all see auspiciousness everywhere May none ever feel sorrow

