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Immediate effect of nadishodhana pranayama on functional mobility in stroke patients

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Yoga is said to be a practice that aims at bringing about a balance and connection between our body, mind and soul. Researchers in modern science has probed into the ancient Indian Philosophy and confirmed or discovered various positive effects of yogic practices on human physiology and psychology. According to the traditional wisdom of Yoga, Pranayama is the key to bring about psychosomatic integration and harmony. In view of inculcation of the practice of Pranayama in post-stroke individuals, in particular, the practice of alternate nostril breathing (ANB) has been shown to have positive effects on various cognitive and movement parameters and thus could prove consequential in accelerating recovery and restoration of function. This study aimed to determine the immediate effect of Nadishodhana Pranayama (NSP), one of the ANB techniques, on functional mobility in stroke patients. 16 ambulatory stroke patients with adequate cognition attending outpatient Physiotherapy rehabilitation unit participated. Each participant performed 30 cycles of NSP with simple mindful breathing. Performance of a functional mobility task was assessed using the

Timed Up and Go Test (TUGT). A mean reduction of 6.63 ± 2.77 (SD) seconds, in the time taken for TUGT after the intervention of NSP, was statistically significant (Wilcoxon Signed Rank test; $p < 0.00001$). This difference very evidently surpassed the Minimal Detectable Change of 2.9 seconds reported in the literature for TUGT in the stroke population. Thus, it can be concluded that the practice of Nadishodhana Pranayama immediately improves the efficiency of performance of functional mobility in ambulatory stroke patients. This simple form of ANB could prove useful in the prevention of or reducing the risk of falls in stroke patients and also improving their confidence in carrying out functional ambulation independently. It is a simple and cost-effective technique that can be inculcated in regular practice during therapy or at home and is with minimal or no limitations, drawbacks or side effects. From the point of view of physical rehabilitation, integration of simple yoga practices which bring about a difference in the body's functional performance could be of colossal significance.

Biography

Isha Ganesh Tajane has completed her Masters in Neurosciences Physiotherapy from the Maharashtra University of Health Sciences, India. She is an Associate Professor in Neurosciences Physiotherapy and Guide for postgraduate studies and In charge of pediatric neurorehabilitation unit at K. J. Somaiya College of Physiotherapy, Mumbai, India. She has published and presented many papers in various national and international conferences and has been serving as a reviewer for journals of repute. She has authored a book on 'Visual Perception'. She is well versed with the advanced technological equipment used for assessment and therapy in neurological conditions. She has served as an international faculty for balance and mobility academy, USA.

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