

# INTEGRATIVE MEDICINE

## ALTERNATIVE / COMPLEMENTARY/ HOLISTIC / INTEGRATIVE TREATMENTS

PLACEBO

ACUPUNCTURE

RELAXATION

MEDITATION

PRAYER

HYPNOSIS

WRITING

MUSIC

HERBS / VITAMINS

AROMATHERAPY

HOMEOPATHY

MASSAGE

THERAPUTIC TOUCH

SHIATSU / REIKI

YOGA

TAI CHI / QI GONG

BIOFEEDBACK

CHIROPRACTIC

PASSIVE VS ACTIVE

MAINTENANCE VS RESTORATIVE

## MIND-BODY MEDICINE

### FAMOUS QUOTES

QUOTE	BY
Treatment of the part should never be attempted without treatment of the whole.	Aristotle
The best interest of the patient is the only interest to be considered.	Dr. William Mayo
It is not nearly as important what illness a patient has, as what patient has the illness.	Dr. William Osler
Chronic conditions are not eligible for rehab services.	Dr. No, an HMO Medical Director
!*!@!*!@!	Dr. Cheikin, a Psychiatrist

# MIND-BODY MEDICINE

## ALTERNATIVE / COMPLEMENTARY/ HOLISTIC / INTEGRATIVE TREATMENTS

PLACEBO

ACUPUNCTURE

RELAXATION

MEDITATION

PRAYER

HYPNOSIS

WRITING

MUSIC

HERBS / VITAMINS

AROMATHERAPY

HOMEOPATHY

MASSAGE

THERAPUTIC TOUCH

SHIATSU / REIKI

YOGA

TAI CHI / QI GONG

BIOFEEDBACK

CHIROPRACTIC

PASSIVE VS ACTIVE

MAINTENANCE VS RESTORATIVE

# MIND-BODY MEDICINE

## CONVENTIONAL MEDICAL MODEL

CURE  
ORGAN SYSTEM  
DOUBLE-BLIND,  
PLACEBO-CONTROLLED  
RESEARCH  
LINEAR PROCESS  
CAUSALITY  
QUICK RESULTS  
NEGATIVE CUMULATIVE  
EFFECTS  
PATERNAL  
FREE  
OBJECTIVE  
COGNITIVE BELIEF  
NO CURE FOR  
"CHRONIC" DISEASES:  
AUTOIMMUNE, HTN,  
OVERWEIGHT,  
CHRONIC PAIN  
DOCTOR-PATIENT  
RELATIONSHIP ERODING

## ALTERNATIVE/ COMPLEMENTARY/ HOLISTIC

HEAL  
SOCIAL SYSTEM  
SINGLE CASE  
RESEARCH  
CIRCULAR, PARALLEL  
SYNCHRONICITY  
SLOW RESULTS  
POSITIVE CUMULATIVE  
EFFECTS  
PERSONAL  
RESPONSIBILITY  
COST  
SUBJECTIVE  
EMOTIONAL BELIEF  
POSSIBLE HEALING  
CLIENT-HEALER  
RELATIONSHIP GROWING  
AUTONOMIC NERVOUS  
SYSTEM  
CHI / QI / PRANA ENERGY

# **MIND-BODY MEDICINE**

## **PHYSICIAN AUTHORS**

ANDREW WEIL -- SPONTANEOUS HEALING

DEEPAK CHOPRA -- QUANTUM HEALING

LARRY DOSSEY -- HEALING WORDS

BRUGH JOY -- JOY'S WAY

JON KABAT-ZINN -- FULL CATASTROPHE LIVING

## MIND-BODY MEDICINE

### WESTERN SUCCESSES

TRAUMA

BACTERIAL INFECTION

HIGH RISK PREGNANCY

INFERTILITY

GENETIC DISEASES

SOME VIRAL INFECTIONS

SOME CANCERS

ARTHRITIS

DIABETES

HYPERTENSION

HEART DISEASE

### WESTERN CHALLENGES

OBESITY

ADDICTION

CHRONIC PAIN

MULTIPLE SCLEROSIS

SOME VIRAL INFECTIONS

SOME CANCERS

ARTHRITIS

DIABETES

HYPERTENSION

HEART DISEASE

## YOGA & MEDICINE

### **EIGHT LIMBS OF RAJA YOGA (ASTANGA YOGA)**

(as in Pantanjali's Yoga Sutra of 200-800 BC))

- 1) YAMAS -- RESTRAINTS -- DON'TS  
NON-VIOLENCE  
NON-LYING (TRUTH)  
NON-STEALING  
NON-EXCESSIVENESS (MODERATION)  
NON-COVETOUSNESS/POSSESSIVENESS
- 2) NIYAMAS- OBSERVANCES -- DO'S  
PURITY  
CONTENTMENT  
AUSTERITY  
STUDY  
AWARENESS
- 3) ASANAS -- POSTURES
- 4) PRANAYAMA -- REGULATION OF BREATH
- 5) PRATYAHARA -- INWARD FOCUS OF SENSATION
- 6) DHARANA -- CONCENTRATION  
(FOCUSSING ATTENTION)
- 7) DHYANA -- MEDITATION  
(CONCENTRATING ON OBJECT)
- 8) SAMADHI -- SUPERCONSCIOUSNESS

# YOGA & MEDICINE

## HISTORY OF YOGA

3000 BC	First records of Yoga in Indus Valley (sculptures, documents)
2500 BC	Vedas Upanishads (later part of Vedas) one reality (consciousness)
600 BC	Mahabharata Contains Bhagavad Gita Brahman, incorporated as Lord Krishna, instructs Arjuna (young warrior) in yoga
200-800 BC	Patanjali's Yoga Sutra -> Raja Yoga Hatha Yoga Pradipika



## YOGA & MEDICINE

### YOGA GLOSSARY

Yoga	Joining; of self with absolute; freedom of time, space, separation
Maya	Illusion--manifest universe of change superimposed upon an unchanging true reality
Brahman	the one reality or absolute
Karma	law of action and reaction
Reincarnation	belief that spirit persists beyond death of mind and body
Prana	life energy
Chakras	seven main and multiple minor energy centers in the body
Nadis	channels through which prana travels

# YOGA & MEDICINE

## ISSUES FOR THE FUTURE

- 1) LIMITATIONS OF MIND--MAP
- 2) ENERGY, INFORMATION AND POWER
  - A) FORMS, TRANSDUCTION, POTENTIAL
  - B) SOLIDS VS SPACE, MATTER AND ENERGY
  - C) UNCERTAINTY PRINCIPLE: UNITY OF OBSERVED AND OBSERVER
- 3) NUTRIENTS
- 4) CHI ENERGY
  - A) "PHYSIOLOGY"
  - B) CHAKRAS, NADIS AND MERIDIANS
  - C) KIRILIAN PHOTOGRAPHY
  - D) BREATHING
- 5) MYSTERIES OF THE BODY
  - A) CIRCADIAN RHYTHMS, PINEAL GLAND, MELATONIN
  - B) SLEEP
  - C) ENDOCRINE AND IMMUNE SYSTEMS
  - D) AUTONOMIC NERVOUS SYSTEM
  - E) OLFATORY AND LIMBIC SYSTEMS, HYPOTHALAMUS
  - F) ALTERED STATES, IMAGINATION

# YOGA & MEDICINE

## MODELS OF THE MIND

ARISTOTLE

FREUD

WILHELM REICH

STANISLAVSKI

COGNITIVE PSYCHOLOGY

EMOTION VS COGNITION

LANGUAGE AND THOUGHT

SUPER-CONSCIOUSNESS

# YOGA & MEDICINE

## COMPONENTS OF THE MIND

MEMORY

LANGUAGE

ABSTRACT REASONING

JUDGEMENT (PLANNING ACTIONS)