

blog.quintoapp.com Mahtani MD, a practicing physician runs a centre to share Yoga and Pranayama - be it breath therapy, restorative traditional yoga, ashtanga vinyasa (power) yoga or management of mind! Special breathing techniques are imparted for chronic diseases, low immune conditions, anxiety, depression, attention disorders, obsessive disorders, migraine and.

She has had atopic dermatitis for many years and remembers having those terrible urges to scratch places like the creases in her arms, legs, neck, and hands. Atopic dermatitis is a very common, often chronic long-lasting skin disease, which is also called eczema, dermatitis, or atopy. There is a known hereditary component of the disease, where the skin becomes extremely itchy and inflamed, causing redness, swelling, cracking, weeping, crusting, and scaling. Some of the most common triggers are environmental, such as allergic reactions to pollen, drugs, dry air, and dust mites, chemicals in cleaning products, detergent, soaps, and perfumes. Eczema and psoriasis are the two most prevalent dermatological diseases people suffer with daily. The diseases are common, with children being more susceptible to eczema and adults to psoriasis. With many people living with the discomforts of the diseases, they try numerous methodologies for relief and cures. When she was put on oral steroids, it helped but side effects made her stop them. She had tried corticosteroid creams, local treatments, with some relief but they would prove to be a temporary fix. She had realised that to bring a change, she needed a change, and thus she came to Pune. She knew she needed a natural detox regimen as her skin pores were the exit points for ridding the body of toxins. She came with an open mind to learn Yoga and Pranayama, with readiness to change her diet and thought process, to get her system in better shape. With the following practices, done the right way, there was noticeable improvement. Treatment From the yogic perspective, both psoriasis and eczema are a result of high stress levels and toxins. During stressful situations, the inflammation in the skin worsens aggravating the skin and the disease tends to spread. Internal factors, besides stress, are allergic reactions to food, poor functioning liver, and a weak immune system. The cures for eczema and psoriasis involve a whole body treatment or a more holistic approach to relief – Proper breathing habits, Pranayama, Asana, Nutrition, Yogic Shatkarma, Meditation and Attitudinal changes offer promising results for all chronic skin disorders. Mindful Breathing - The breath is inhaled slowly, deeply and evenly through the nose. The lower abdomen, lungs, and chest are filled with air. After holding for four counts, one exhales slowly releasing air from the chest, lungs, and then lower abdomen. Longer exhalations are beneficial as they allow the body to work towards an alkaline state as opposed to an acidic state. Alkalinity brings rejuvenation and relief to the body. Taking 10 such breaths every hour benefit the body and the mind too. All postures help but those that improve the endocrine system and massage thyroid and parathyroid glands are sarvangasana, halasana, marjarasana breathing. These should be practiced with deep breathing, holding postures for breaths. Tara decided to do 12 rounds of Surya namaskar everyday and continues to do so. Eat to balance Pitta dosha and some foodstuffs to avoid are meat, fish, sea food, eggs, fermented foods, nightshades eggplants, bell peppers, overly sweet or spicy foods. Vaman Dhouti or yogic vomiting is one of the shatkarma or yogic cleansing methods. The most common and effective yogic remedy is meditation through pranayama as pranayama not only detoxifies and energises the body, but also fine tunes the mind towards introspection, self awareness and healing. With your hands resting on your knees and arms stretched straight, close your eyes and inhale deeply through both the nostrils. Follow this with exhaling deeply till you empty out all the stale air inside your lungs. This is active abdominal exhalations followed by passive inhalations. Take an exhalation and an inward stomach movement per second. For results, depth of abdominal movement is more important than the speed. Also, the practice should be as noiseless as possible. You can start off slowly; maybe do it continuously for half or one minute, stop and enjoy its relaxing effects on the mind, and then start again. You must work towards doing it for 5 minutes, three times a day. This is holding the breaths after a full exhalation. Learning this should be with a teacher, who will share how to apply the three bandhas with it. There is now enough scientific proof to the benefits of this practice, which the Yogis recommended many years back to heal chronic diseases. Close the right nostril with your thumb and inhale

deeply, without any exertion, through the left nostril. Allow exhalations slowly and smoothly, but deeply, without exertion from the right. The cycle has to be repeated for 10 minutes, as slowly as possible, giving more time to exhalations. Inhale deeply and exhale deeply right thereafter, pulling your stomach muscles inward, as if trying to pull your stomach in as close to your back as possible. Hold your breath here and move your stomach in and out vigorously as many times as possible, before releasing it and allowing air to fill up your lungs. Do this exercise three times daily to tone the liver and digestive system. Close your eyes and touch your tongue lightly to the roof of your mouth. After a smooth deep inhalation, hum like a bee and feel the vibrations traveling deep inside. The humming has special significance and generates energy. At this moment one gets thoroughly charged and yet be at ones calmest. Stay in this position for two to three minutes. While doing the breathing exercises direct the energy generated towards the affected parts of the skin by thinking about its well-being. Join the group www.

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