

Contents

Section 1: Yoga in Health Care

1. **Introduction to Yoga**..... 3
*Hemant Bhargav, Ramajayam Govindaraj,
P Kaushik, Nagarathna Raghuram*
2. **Basic Concepts of Counseling as per Vedic Literature**..... 13
*Hemant Bhargav, Nishitha Jasti, Shree Raksha Bhide,
Kishore Kumar Ramakrishna*
3. **From Many to One to Many: The Wheel Completes a
Cycle for Integrative Approaches in Mental Health** 24
Bharath Holla, Hemant Bhargav, Kishore Kumar Ramakrishna

Section 2: Neurobiological Dimensions

4. **Neurophysiology of Yoga**..... 33
Kaviraja Udupa, Inbaraj G, Sathyaprabha TN
5. **Neurophysiology of Meditation** 44
Ajay Kumar Nair, Bindu M Kutty
6. **Role of Neuroimaging in Understanding Mental Health Effects of Yoga** 51
Vanteemar S Sreeraj, Venkataram Shivakumar, Vijay Kumar KG, Naren P Rao
7. **Role of Transcranial Magnetic Stimulation in Yoga Research** 60
Ramajayam Govindaraj, Jitender Jakhar, Urvakhsh Meherwan Mehta
8. **Insights into Mode of Action of Yoga in Mental Disorders:
A Summary of Biological Evidence** 68
Monojit Debnath, Rima Dada, Michael Berk

Section 3: Yoga for Clinical Conditions

9. **General Guidelines for Yoga Therapy** 79
Hemant Bhargav, Shivarama Varambally
10. **Yoga Therapy for Depression** 87
Praerna H Bhargav, Sneha J Karmani, Muralidharan Kesavan
11. **Yoga for Anxiety Disorders** 100
Pooja More, Rakesh Chander, Narayana Manjunatha, Daniel Mintie
12. **Yoga in Obsessive Compulsive Disorder** 111
Sanchari Mukhopadhyay, Nishitha Jasti, Shubha Bhat, Shubham Sharma

13. Yoga Therapy for Schizophrenia.....	118
<i>Elizabeth Visceglia, Rashmi Arasappa, Ramajayam Govindaraj</i>	
14. Evidence for Efficacy of Yoga in Geriatric Psychiatry.....	126
<i>Palanimuthu T Sivakumar, Shiva Shanker Reddy Mukku, Hariprasad VR, BV Kathyayani</i>	
15. Yoga for Childhood and Adolescent Psychiatric Disorders	137
<i>Shalu Abraham, Rashmi Arasappa, Kankan Gulati, Umesh Chikkanna</i>	
16. Yoga for Substance Use Disorders	152
<i>Venkata Lakshmi Narasimha, Sumana Venugopal, Bharath Holla, Hemant Bhargav</i>	
17. Yoga in Chronic Pain Syndromes.....	165
<i>Sowjanya Dumbala, Kankan Gulati, Sundarnag Ganjekar, Geetha Desai</i>	
18. Yoga for Low Back Pain	176
<i>Ameya Patwardhan, Vinod Kumar, Tarachand Joshi, Suman Bista</i>	
19. Yoga for Migraine	186
<i>Usha Rani MR, Sujan MU, Kaviraja Udupa, Sathyaprabha TN</i>	
20. Yoga in Parkinson's Disease.....	197
<i>Diya Chatterjee, Shantala Hegde, Arun Thejaus KP, Pooja Mailankody</i>	
21. Yoga for Epilepsy	205
<i>Praveen Angadi, Nivedha Mohan Raj, Malla Bhaskara Rao</i>	

Section 4: Other Important Aspects of Yoga

22. Yoga for Caregivers	217
<i>Aarti Jagannathan, Md Ameer Hamza, Naresh Katla</i>	
23. Yoga and Positive Mental Health	221
<i>Jyotsna Agrawal, Matthijs Cornelissen</i>	
24. Looking Ahead: Tele-Yoga in Mental Health	228
<i>Sanchari Mukhopadhyay, Nishitha Jasti, Venkataram Shivakumar, Aarti Jagannathan</i>	

Appendix 1: Yoga Therapy Modules for Common Neuropsychiatric Disorders

1.1 Validated Yoga Module for Depression.....	241
1.2 Validated Yoga Module for Generalized Anxiety Disorder	243
1.3 Validated Yoga Module for Obsessive Compulsive Disorder	245
1.4 Validated Yoga Module for Schizophrenia	247
1.5 Validated Yoga Module for Bipolar Affective Disorder	249
1.6 Validated Yoga Module for Older Adults	253

1.7	Yoga Module for Attention Deficit Hyperactivity Disorder	255
1.8	Yoga Module for Autism Spectrum Disorder	257
1.9	Validated Yoga Module for Opioid Use Disorder/ Substance Use Disorders	260
1.10	Validated Yoga Module for Somatoform Pain Disorder	263
1.11	Validated Yoga Module for Low Back Pain	265
1.12	Validated Yoga Module for Migraine	267
1.13	Validated Yoga Module for Parkinson's Disease	270
1.14	Validated Yoga Module for Epilepsy	272
1.15	Validated Yoga Module for Caregivers of Patients with Schizophrenia.....	274
1.16	Tele-Yoga Module for Stress Reduction	275
1.17	Guided Yogic Relaxation (GYR)	276
	<i>Index</i>	279