

MYTH ABOUT YOGA IN CANCER CARE

Myth 1 - Yoga is not for cancer patients

Fact 1 - YES, Yoga can be done by cancer patients.

Yoga practice is about balancing the physical, mental, moral and spiritual well-being of a person. Not only does it help in relieving myofascial issues (especially following surgery), it has been used in modulating the moods of a patient with cancer. Chemotherapy induced nausea and vomiting, sleep disturbances, fatigue are all addressed by this mind-body intervention that is integrated into the oncology setting. Quality of life is significantly improved in cancer patients through this.



Myth 2- Yoga means only Asana and impossible postures

Fact 2: Yoga IS NOT about Impossible postures and can be done by all.

Yoga asanas are just one aspect of the holistic system. Yoga practices involves certain principles and it is not only physical postures it is lot more than that. Yoga offers Breathing techniques, Meditation along with asanas and it teaches the way of life. The yoga practice for each patient is individualized to meet the needs of each cancer patient.



Myth 3- Yoga cannot be done in other medical conditions.

Fact 3 - YES, Customised plan can be made for other medical conditions.

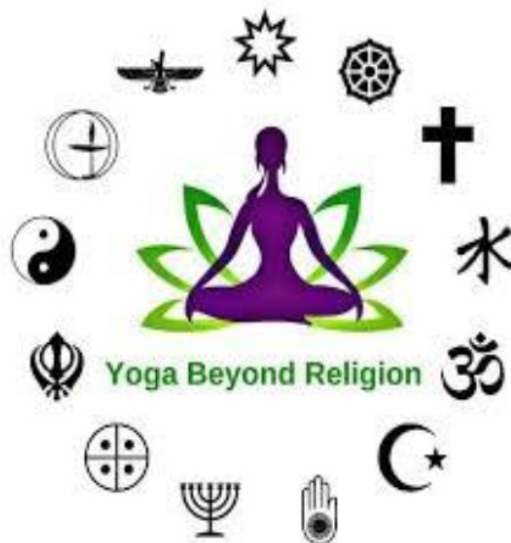
The Yoga instructor will guide you with a customized yoga plan that can not only improve the symptoms it can elevate the mood and improve the overall health.



Myth 4- Yoga is religion based.

Fact 4 - Yoga is NOT religion based.

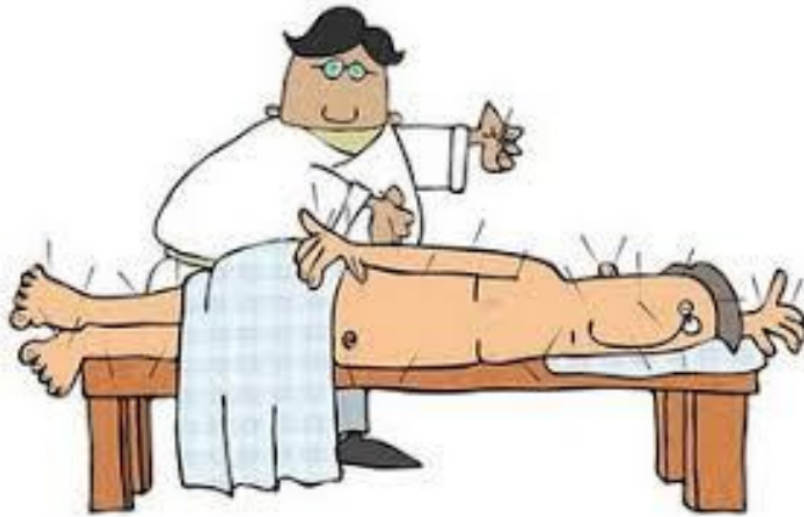
Yoga requires practice with true dedication and consistency. It is not a practice that is based on religion and does not require a belief in any other religion but your own.



Myth 5- Yoga cannot be practiced after surgery

Fact 5 - Yes, Yoga can be practiced after surgery.

There are many relaxation techniques which can be practiced after surgery and it helps in the process of healing.



Myth 6 - Yoga takes too much of time

Fact 6 - NO, Yoga does not need to take much time.

It is not necessary that one should spend lot of time to practice yoga. Initially thirty minutes of practice can also be helpful and beneficial where 10 minutes of asana 10 minutes of Pranayama and 10 minutes of Meditation can be included.



Myth 7 - Meditation requires too much of concentration

Fact 7 - No, Meditation requires you to be open to relaxing your mind.

Meditation is not about stopping our thoughts or trying to empty our mind without thoughts, both of these approaches only create stress and more noisy internal chatter. When we meditate, we use an object of attention such as breath or image which allows our mind to relax.



Myth 8 - Anyone can learn yoga by reading a book or browsing the web

Fact 8 - NOT TRUE. Yoga needs guidance from a trained instructor.

One needs proper direction and guidance to learn yoga. Now a days there are numerous websites and schools that try to teach yoga through books. This impulsive way of learning without guidance can cause damage and, in some cases irreversible damages.

Yoga

Myth 9 - Yoga Cures Cancer

Fact 9 - NO, Yoga does not cure cancer.

There is no evidence to show that yoga can cure cancer. Practicing yoga will promote better wellbeing, reduced stress, mood stability and thus the quality of life. By taking care of the body, mind, spiritual aspects, we promote health. Yoga helps cancer patients cope with symptoms and side effects of chemotherapy.

