Integration of Vestibular rehabilitation with Yoga therapy theory in treating psychological and physical symptoms of vestibular disorders.

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**INTRODUCTION**

Patients with vestibular disorders exhibit symptoms of dizziness, imbalance, anxiety, and depression. Evidence based vestibular rehabilitation is proved to improve balance and reduce dizziness. Anxiety and depression in vestibular disorders impact the outcomes of both subjective and objective outcome measures (MacDowell et al., 2018). Components of Yoga such as Yoga pose (Asanas), Breathing (Pranayama), and Meditation (Dhyana) produce positive results in psychological and physiological symptoms of anxiety, depression and imbalance, when used in conjunction with Vestibular rehabilitation.

**Concept of Yoga:**

Yoga means “Mastery over the mind”. To achieve the mastery over the mind, ancient yoga texts and traditions followed several steps like Yoga poses (asanas), Yoga breathing (Pranayama), Meditation (Dhyana). Yoga poses (Asanas) have several types - Meditative poses, Cultural Poses and Therapeutic poses. Therapeutic poses which are meant to be for ‘balance’ are beneficial for people with imbalance and dizziness (Ülger, Ö., & Yajği, N. 2011). Yoga poses are physical postures which can also help to reduce depressive symptoms (Franklin, Butler & Bentley, 2018).

The second component of yoga is breathing (Pranayama) helps to reduce stress, increase endurance, reduce anxiety, relieve depression (Doria, de Viumo, Sanlorenzo, Irtelli & Menacci, 2015) (Cramer, Lauche, Langhorst & Dobos, 2013).

The third component of yoga is Meditation, reduce anxiety and helps to calm the mind (Travis et al., 2018).

**Concept of yoga in existence of human being:**

In yoga tradition and ancient scriptures (Upanishads), the concept of five layered (Panchakosa) existence of human being is described (Nagarathna & Nagendra, 2004). The five layered existence of human being are

1. Physical level – Annamaya Kosa
2. Energy level - Pranamaya kosa
3. Mind level - Manomaya kosa
4. Intellect level- Vijnanamaya kosa
5. Bliss level- Anandamaya Kosa

According to Yoga concept the origin of disease at any above mentioned can lead to affect the other layer of existence. If an imbalance starts at mind (anxiety, stress) which can play role in affecting the physical level (endurance, weakness, dizzy), when unanswered or become chronic may lead to affect other layer of existence (Nagarathna & Nagendra, 2004).

The human balance system is so complex, that multiple organs and psychology should work in a rhythm to maintain balance and to avoid dizziness. Three components of Vestibular system impact the balance and dizziness are Vestibulo ocular reflex (VOR), VSR (vestibular spinal reflex) VCR (Vestibular colic reflex). In addition, three Balance Strategies are described to control the balance (Herdman, S., & Clendaniel, R. 2014).

1. Ankle strategy
2. Hip strategy
3. Stepping strategy.

Patients with Vestibular disorders exhibits postural and ocucomotu impairments with symptoms of dizziness and imbalance. About half of patients with dizziness’ vertigo suffer from psychological co morbidity (Lahmann et al., 2014). Also increased level of psychological distress persists with chronic dizziness and may prolong the dizzy symptoms (Roh, Kim, Kim & Son, 2018). In addition, dizziness is common in psychological disorders without physical illness (Staab, Ruckenstein & Amsterdam, 2004).

**Integrated approach:**

Physical level: Customized vestibular rehabilitation, Yoga poses (Asanas)
Energy level: Yogic breathing (Pranayama)
Mind level: Deep relaxation (conscious segmental relaxation), Meditation.
Intellect level: Patient education, Counseling
Bliss level: group activities, support group, laughing yoga.

**Yoga poses, breathing, Meditation:**

Yoga poses, breathing, Meditation (Dhyana) produce positive results in psychological and physiological symptoms of vestibular disorders.

**Vestibular Concept:**

The five layered existence of human being are

- **Physical Level (Annamaya Kosa)**
- **Energy Level (Pranamaya Kosa)**
- **Mind Level (Manomaya Kosa)**
- **Intellect Level (Vijnanamaya Kosa)**
- **Bliss Level (Anandamaya Kosa)**

**Reference**


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**Conclusion:**

Integrating yoga components of poses, breathing and meditation in vestibular rehabilitation could benefit both psychological and physical symptoms of vestibular disorders. This theory is intended for more research to bring evidence that integrating yoga in vestibular rehabilitation to treat physical and psychological symptoms.