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| 1. Record Nr. | UNINA9910574077503321 |
| Titolo | The principles and practice of yoga in cardiovascular medicine / / edited by Indranill Basu-Ray and Darshan Mehta |
| Pubbl/distr/stampa | Gateway East, Singapore : , : Springer, , [2022] ©2022 |
| ISBN | 981-16-6913-9 |
| Descrizione fisica | 1 online resource (399 pages) |
| Disciplina | 615.824 |
| Soggetti | Yoga - Therapeutic use Cardiovascular system - Diseases |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Intro -- Notice -- Foreword -- Foreword -- Contents -- About the Editors -- Part I: Introduction -- 1: Cardiology: A Primer for the Uninitiated -- 1.1 Basic Anatomy -- 1.2 Basic Physiology -- 1.3 Hypertension -- 1.4 Coronary Artery Disease -- 1.5 Valvular Heart Disease -- 1.6 Arrhythmias -- 1.7 Cardiomyopathy -- 1.8 Heart Failure -- 1.9 Congenital Heart Disease -- 1.10 Pericardial Disease -- 1.11 Infection of Heart -- 1.12 Pulmonary Embolism -- 1.13 Peripheral Arterial Disease -- 1.14 Conclusion -- References -- 2: Addressing the Common Risk Factors for Reducing the Burden of Cardiovascular Diseases: The Impact of Yoga -- 2.1 Introduction -- 2.2 The Global Burden of Cardiovascular Diseases -- 2.3 Yoga and Cardiovascular Health -- 2.4 Epidemiological Evidence: Yoga and Cardiovascular Diseases -- 2.5 Integration of Yoga: Indian Case Study -- 2.6 The Future Ahead -- 2.7 Recommendations -- References -- 3: The Nature, Meaning, and Practice of Yoga: Traditional Base Meets Scientific Rigor -- 3.1 Yoga: Nature and Meaning -- 3.2 Yoga: From the Esoteric to Practice for Research -- 3.3 Yoga: The Physical and Mental -- 3.4 Yoga: Mastery over the Senses, Skill in Execution, Mental Equilibrium -- 3.5 Yoga: A Plan of Action and a Life-System Approach -- 3.6 Yoga: Action, Attention, Openness -- 3.7 Hatha Yoga: Practical Techniques to Do, Research, and Offer as Therapy -- 3.8 Hatha Yoga: Autonomic Balance, Free from NCD -- |

3.9 Hatha Yoga: Impact on ANS, Spine and Joints, Neuromuscular System -- 3.10 sana as Opposed to Exercise -- 3.11 sana Performed Correctly with Integrity -- 3.12 Yoga Practice: The Scientific Approach -- 3.13 Yoga Practice: Context and Situation -- 3.14 Yoga Practice: Established Protocols and Recommended "Dose" Options -- 3.15 Conclusion -- References.

4: Yoga in the Management of Cardiovascular Disease: A Brief Introduction -- 4.1 Introduction -- 4.2 The Health Challenges of the Twenty-First Century -- 4.3 Stress, Allostatic Load, and NCDs -- 4.4 The "New" Mind-Body Medicine -- 4.5 Resilience, Health Promotion, and Illness Prevention -- 4.6 The Mind-Body Medicine Stress to Resilience Ratio -- 4.7 Yoga in Cardiovascular Disease -- 4.7.1 Mechanisms of Yoga -- 4.7.2 Yoga and Heart Rate Variability -- 4.7.3 Yoga and Heart Failure -- 4.7.4 Yoga and Arrhythmia -- 4.7.5 Yoga and Cardiac Rehabilitation -- 4.8 Yoga Side Effects -- 4.9 Conclusion -- References -- Part II: Pathophysiology -- 5: Mechanistic Model for Yoga as a Therapeutic Modality in Cardiovascular Disease -- 5.1 Introduction -- 5.2 The Brain -- 5.3 The Autonomic Nervous System -- 5.4 Psychological Effects -- 5.5 Endocrine Effects -- 5.6 Cellular Effects -- 5.7 Genetic Effects -- 5.8 Conclusions -- References -- 6: The Anatomical, Physiological and Neurochemical Correlates of Yoga -- 6.1 Introduction -- 6.2 Anatomical Aspect of Asanas in Cardiovascular Disorders -- 6.3 Physiological Aspect of Pranayama in Cardiovascular Disorders -- 6.4 Psychological Aspect of Meditation in Cardiovascular Disorders -- 6.5 Biochemical Aspect of Yoga in Cardiovascular Disorders -- References -- 7: Cardiovascular Influence of Yoga Assessed with Heart Rate Variability Measures -- 7.1 Introduction -- 7.2 Cardiovascular Disease -- 7.3 Heart Rate Variability -- 7.4 Heart Rate Variability a Marker for Stress -- 7.4.1 Autonomic Regulation of Psychological Stress -- 7.4.2 Effect of Yoga on Stress -- 7.5 Yoga and Cardiovascular Disease -- 7.6 Efficacy of Yoga on HRV in Patients with CVD -- 7.7 Yoga for CVD Risk Factors -- 7.7.1 Efficacy of Yoga on Hypertension Assessed by Using HRV. 7.7.2 Efficacy of Yoga on Obesity Assessed by Using HRV -- 7.7.3 Efficacy of Yoga on Depression Assessed by Using HRV -- 7.7.4 Efficacy of Yoga on Epilepsy Assessed Using HRV -- 7.8 Conclusion -- References -- 8: Mechanisms and Biomarkers to Understand Impacts of Yoga in Cardiovascular Diseases -- 8.1 Biomarkers to Understand the Impact of Yoga -- 8.1.1 Inflammation Markers -- 8.1.2 Depression -- 8.1.3 Oxidative Stress -- 8.2 Conclusion -- References -- 9: Stress and the Autonomic Nervous System: Implication of Yoga -- 9.1 Modern Day Stress -- 9.2 Autonomic Nervous System (ANS) -- 9.3 Cardiovascular Autonomic Control: Anatomical Aspects -- 9.4 Physiology of Cardiovascular Autonomic Control -- 9.5 Conventional Cardiac Autonomic Function Tests -- 9.5.1 Deep Breathing Test -- 9.5.2 Valsalva Maneuver -- 9.5.3 Orthostatic Test -- 9.5.3.1 Physiological Background of the Orthostatic Test -- 9.5.4 Isometric Handgrip Test -- 9.6 Heart Rate Variability (HRV) Analysis -- 9.7 Clinical Utility of HRV -- 9.8 Yoga -- 9.9 Studies Exploring Effect of Yoga on AFTs -- 9.9.1 Pranayama (Breathing Exercises or Alternate Nostril Breathing) -- References -- 10: Neurobiological Effects of Yoga on Stress Reactivity -- 10.1 Yoga -- 10.2 The Stress Response -- 10.2.1 Hypothalamic-Pituitary-Adrenal Axis -- 10.3 The Impact of Persistent Stress -- 10.4 Yoga Asana and Stress Regulation -- 10.5 Yoga Asana and Autonomic Measures -- 10.5.1 Blood Pressure -- 10.5.2 Heart Rate -- 10.5.3 Heart Rate Variability -- 10.6 Cytokines -- 10.7 Cortisol -- 10.8 Concluding Remarks -- References -- 11: Mind and Cardiovascular Disease: Mechanism of Interrelationship --

11.1 Cardiology and Psychology Interface -- 11.2 Epidemiology of Cardiovascular Disease and Cardiovascular Health -- 11.2.1 Depression and Cardiovascular Disease.
11.2.2 Anxiety, Anger, Hostility, Distressed Personality (Personality D), and CVD -- 11.2.3 Positive Psychological Well-Being (PPWB) and CVD -- 11.2.4 Ideal Cardiovascular Health -- 11.3 Mechanisms Linking Psychological States and CVD/CAD -- 11.3.1 Neurocardiology -- 11.3.2 Neurocardiac Axis -- 11.3.3 Psycho-Neuro-Endocrine Axis -- 11.3.4 Psycho-Immunology Axis -- 11.4 Cardiovascular Health and Yoga-Based Intervention -- 11.4.1 Yoga-Based Intervention and Neurobiology -- 11.4.2 Yoga-Based Intervention and Cardio-Metabolic Health -- 11.4.3 Yoga-Based Intervention and Cardiac Rehabilitation -- References -- Part III: Imaging and Laboratory Techniques -- 12: Next-Generation Techniques for Validating Yoga Effect on the Cardiovascular System -- 12.1 Introduction -- 12.1.1 Types of Yoga -- 12.1.2 Benefits of Yoga -- 12.1.3 Yoga and Cardiovascular Diseases -- 12.1.4 Mindfulness-Based Stress Reduction -- 12.1.5 Obesity and Yoga -- 12.1.6 "Transitions in Modern Nutrition Practices: Paradigms Lost and Regained" -- 12.1.7 The Obesity Epidemic -- 12.1.8 Biochemical Studies as Tools for Assessment of Yoga and Meditation -- 12.1.9 Neuroimaging as Tool for Assessment of Effects of Yoga and Meditation -- 12.1.10 Bereitschaftspotential as Tool for Assessment of Meditation -- 12.1.11 Modern Methodologies and Techniques for Validating Benefits of Yoga and Traditional Indian Practices -- 12.1.12 Functional Near-Infrared Spectroscopy (fNIRS) -- 12.1.13 Polysomnography as Tool for Assessment of Meditation -- 12.1.14 Eye Tracking as Tool for Assessment of Yoga -- 12.1.15 Integrated Wireless Recording as a Tool for Assessment of Effects of Yoga -- 12.1.15.1 Deep Breathing Test (DBT) -- 12.1.15.2 Heart Rate Variability (HRV) -- 12.1.15.3 Sympathetic Skin Response (SSR)/Electrodermal Response (EDA)/Galvanic Skin Response (GSR).
12.1.15.4 Photoplethysmography (PPG) -- 12.1.16 Spirometry -- 12.1.17 Impulse Oscillometry -- 12.2 Conclusion -- References -- 13: Yoga and Neuroimaging Current Status of Evidence -- 13.1 Introduction -- 13.2 Emphasis on Mind-Body Link -- 13.3 Role of Yoga in Brain Health and Disease -- 13.4 Aim of the Chapter -- 13.5 Mechanistic Insights to Yoga-Associated Health Benefits -- 13.6 Brief Introduction to Neuroimaging -- 13.7 Neuroimaging Evidence in Yoga -- 13.8 Limitations -- 13.9 Future Directions -- 13.10 Summary and Conclusion -- References -- Part IV: Yoga for Various Cardiovascular Diseases -- 14: Yoga: A Holistic Approach for Cardiac Arrhythmia -- 14.1 Introduction -- 14.2 Basics of Yoga -- 14.3 Autonomic Function and Neurohormonal Modulation (Fig. 14.1) -- 14.4 Cardiac Innervation -- 14.5 Psychiatry -- 14.6 Autonomic Etiology of Dysrhythmias -- 14.6.1 Reflex Syncope -- 14.6.2 Atrial Fibrillation (AF) -- 14.6.3 Ventricular Arrhythmia -- 14.7 Conclusion and Future Direction -- References -- 15: Cardiometabolic Syndrome and Effects of Yoga -- 15.1 Introduction -- 15.2 Cardiometabolic Syndrome or Diseases -- 15.3 Etiology of Cardiometabolic Syndrome or Diseases and Yoga -- 15.4 Central Obesity or Visceral Obesity or Abdominal Obesity -- 15.5 Dyslipidemia or Abnormal Lipid Profile and Apolipoproteins -- 15.6 Atherosclerosis -- 15.7 Dysfunctions Related to Systemic Metabolism -- 15.8 Metabolic Dysfunction Induced by Liver -- 15.9 Metabolic Dysfunction Induced by Adipose Tissue -- 15.10 Metabolic Dysfunction Induced by Muscle Tissue -- 15.11 Gastrointestinal and Endocrine Factors -- 15.12 Oxidative Stress -- 15.13 Inflammatory Markers -- 15.14 Scientific Exposition of Yoga

and Cardiometabolic Diseases -- 15.15 Yogic Concept of Disease --
15.16 Obesity and Yoga -- 15.17 Type 2 Diabetes and Yoga.
15.18 Cardiovascular Disease and Yoga.
