

Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications

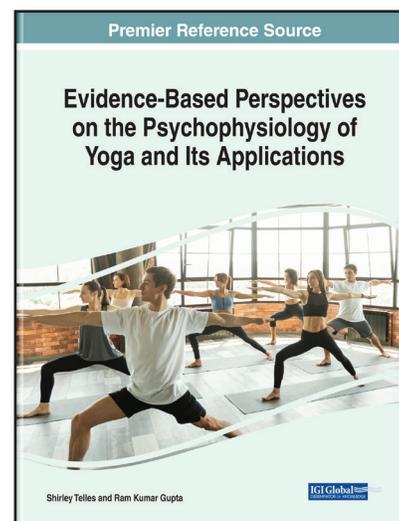
Part of the Advances in Medical Diagnosis, Treatment, and Care Book Series

Shirley Telles (Patanjali Research Foundation, India) and Ram Kumar Gupta (Patanjali Research Foundation, India)

Description:

While yoga was originally intended to be practiced for spiritual growth, there is an increasing interest in applying yoga in all areas of life. It is important to understand this ancient science and way of life through as many perspectives as possible (e.g., based on biomedical engineering). As its popularity and interest grows, more practitioners want to know about the proven physiological effects and uses in healthcare.

Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications provides research exploring the theoretical and practical aspects of yoga therapy and its physiological effects from diverse, evidence-based viewpoints. The book adds in-depth information regarding the (1) physiological effects of yoga; (2) neurobiological effects of yoga meditation; (3) psychological benefits related to yoga, such as mental wellbeing; (4) molecular changes associated with yoga practice; and (5) therapeutic applications (for lymphedema, mental health disorders, non-communicable diseases, attention deficit hyperactivity disorder, and trauma, among other conditions). Featuring coverage on a broad range of topics such as pain management, psychotherapy, and trauma treatment, this book is ideally designed for yoga practitioners, physicians, medical professionals, health experts, mental health professionals, therapists, counselors, psychologists, spiritual leaders, academicians, researchers, and students.



ISBN: 9781799832546

Pages: 300

Copyright: 2020

Release Date: June, 2020

Hardcover: \$225.00

E-Book: \$225.00

**Hardcover
+ E-Book:** \$270.00

Topics Covered:

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Mental Health
Pain Management
Physical Wellbeing
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Quality of Life
Spirituality
Stress Management
Trauma Treatment
Yoga Therapy

Subject: Medical, Healthcare, and Life Sciences

Classification: Edited Reference

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Research Suitable for: Advanced Undergraduate
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