



# IMSA

INTERNATIONAL MEDICAL SCIENCES ACADEMY

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## PRESIDENT WRITES

Dear Fellows and Members

The April – June issue of JIMSA has chosen a topic ( Yoga and Medical sciences ) which is gaining popularity world over, especially in areas of post cardiac surgery rehabilitation, life style modification. If we look back, our ancient Yogi's and Spiritual leaders have practised Yoga as a habit with all rituals and they have lived a healthy full quota of life. Yoga and Life style modification are the two major factors, if one analyze all these ancient Yogi's.

Yoga originated in India more than 5000 years ago. It is a combination of breathing exercises, physical postures, and meditation that are believed to align the body, mind, and spirit. A famous teacher once said that Yoga is like "snake oil", it's good for whatever ails you. While this may have been said in jest, it offers tantalizing possibilities for the future of healthcare.

Yoga draws you into the present moment, in time and space in which you can truly and fully live. While doing Yoga pose, you experience clarity, focusing your attention, body, and breath toward experiencing that particular pose completely. Repetitions lead to increasing awareness and a mind body harmony that spills over into your daily life.

There is a growing body of research that shows yoga benefits anxiety disorders or stress, asthma, high blood pressure and depression. It improves lung function, lowers cholesterol, boosts immunity, cognition and quality of life.

Yoga therapy is a great service to provide for the more than one reason –there is a tremendous need; it is a preventive medicine par excellence and that this field is about to take off. Generation 20th century is looking for safe, natural, effective therapies to help them deal with disease; with health care costs spiralling out of control, yoga only requires that its students make the initial investment in props and instruction followed by regular practice.

Marrying the antiquity of Yoga with the innovations of modern medicine will improve the quality of life throughout the world. While modern science looks outward for the cause of all ills, the Yogi searches the depth of his own self. How can we lose with such a winning combination?

I am sure this could be cultivated from younger days at the school level which will go a long way in maintaining the health of the nation.

Looking forward to meet you all at our annual conference to be held on 10th and 11th September 2010 at Royal Society of Medicine, London.



*K. Jagadeesan*

**Dr. K. Jagadeesan**  
President, IMSA

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