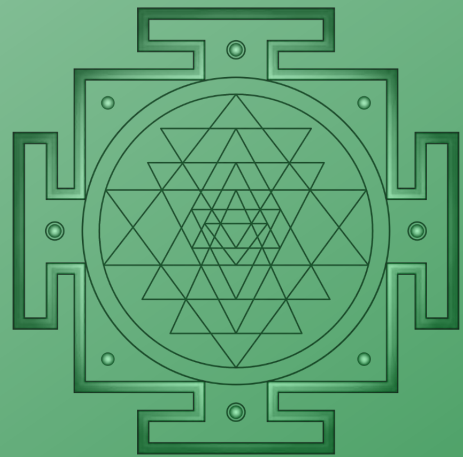


NEWSLETTER



OCTOBER 2024

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Letter from the Editor

Welcome to the Autumn edition of the APA Newsletter, packed with the usual assortment of interesting articles and photos, as well as links to up- and-coming events.

Once again, a big thank you, to all of our contributors in this edition.

If you have written something you would like to share, please do send it us to be included in a future edition of the Newsletter.

The next Newsletter will be out around Christmas, so please do try and make sure your submission reaches us by **29th November 2024**.

Please email submissions to:
info@neterapublishing.com

Andrew Mason

Disclaimer: The information contained in this Newsletter is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. The views and opinions expressed here are those of the authors and do not necessarily represent the views or official policy of the *Ayurvedic Professionals Association*.



CANCELLATION OF DEVON EVENT 2025

It is great regret that the hoped for event in Devon has been cancelled. You may remember the email sent to all APA members asking would you like an event in Devon as planned or prefer London? **The majority wanted London.** We listened and stopped all plans for Devon.

We hope to host a day event in London in 2025. As soon as things are secured a new save the date will be announced.

Many Thanks for the valid feedback from APA members. In the meantime you will see more Webinars, two for December and continuing into the new year. Please support these live events wherever you are able. Replays will only be available at a cost.

UP-AND-COMING APA WEBINARS 2024/5





APA WEBINAR

Understanding the Gut Health,
Microbiome & Krimi from
the Ayurvedic Perspective
by Dr Ghanashyam Marda

Sunday, 1st December 2024
10.00 - 11.30 (GMT)



<https://ayurvedaandguthealth.eventbrite.co.uk/>





APA WEBINAR

“Embracing Menopause -
Graceful ageing with Ayurveda.”
By Dr Akanksha Bhardwaj
& Lynne Ford

Wednesday, 29th January 2025
6 pm - 7 pm (GMT)



<https://EmbracingMenopause.eventbrite.co.uk>

UP-AND-COMING APA WEBINARS 2024/5



The graphic is a dark grey rectangular poster for an APA seminar. At the top center is the APA logo, which consists of the letters 'apa' in a stylized green font, with a green vine-like graphic above them. Below the logo, the text 'Ayurvedic Professionals Association' is written in a smaller green font. In the center, the word 'APA SEMINAR' is written in a large, bold, green sans-serif font. Below this, the seminar title '“SPIRIT ATTACHMENTS AND HOW THEY CAN AFFECT OUR WELLBEING. BHUTA VIDYA AND ENERGY HEALING”' is written in a smaller, white, all-caps sans-serif font, followed by 'WITH TOMAZ MUELLER' in the same font. The date and time 'Wednesday, 11th December 2024' and '6 pm - 7 pm (GMT)' are listed at the bottom center in white. On the left side, there is a square image of a person in a meditative pose with a glowing blue and white energy field around their head and spine. On the right side, there is a square portrait of a man with short grey hair and a beard, wearing a white shirt.

apa
Ayurvedic
Professionals
Association

APA SEMINAR

**“SPIRIT ATTACHMENTS AND HOW
THEY CAN AFFECT OUR WELLBEING.
BHUTA VIDYA AND ENERGY HEALING”
WITH TOMAZ MUELLER**

Wednesday, 11th December 2024
6 pm - 7 pm (GMT)

<https://SPIRITATTACHMENTS.eventbrite.co.uk>

SPIRIT ATTACHMENTS AND HOW THEY CAN AFFECT OUR WELLBEING, BHUTA VIDYA AND ENERGY HEALING

Having worked as an Ayurvedic practitioner for several decades, I often wondered why, in many cases, I couldn't make progress using only herbs, remedies, dietary and lifestyle changes and/or Ayurvedic detox methods. Why were the relief of symptoms often temporary, and why, despite clients following instructions meticulously, did they sometimes fail to see lasting improvement?

It was only about five years ago, through my own personal experience, of what I believe was a psychic attack, that I came to understand how energetic attachments can profoundly affect our well-being. In my case, I experienced a sudden onset of pain, affecting my entire right side struggling to move. Without going into too much detail about my personal journey here, I had to seek help from a friend who worked with dense energies, earthbound spirits, and demonic entities. Yes, demonic entities.

There is so much stigma around this topic that we often hesitate to talk about it. However, we are constantly exposed to these denser energies, which can affect not only our state of mind but also our physical well-being, especially if we are feeling physically tired or under stress. After this incident, I trained in a technique called Soul-Centered Healing Hypnosis (check out my website for more details: <https://tomazmueller.kartra.com/page/SCHH>).

SPIRIT ATTACHMENTS AND HOW THEY CAN AFFECT OUR WELLBEING, BHUTA VIDYA AND ENERGY HEALING

Since then, I've witnessed many cases where, following energetic clearings and entity removals, physical symptoms were permanently resolved – symptoms such as irregular heartbeat, back pain, negative self-talk, and depression.

In this webinar, we bridge the ancient Ayurvedic science of Bhuta Vidya with a modern healing modality to explore how spiritual disturbances, known as Bhutas – spirits such as Gandarvas, Pisachus, and Atmas – can infiltrate the human energy system. According to Ayurveda, these spirits disrupt mental well-being by attaching to individuals through emotional trauma. This aligns with the Soul Center Healing approach, which views trauma as a distortion of the light within our energy centres. Each energy centre resonates with a specific color and frequency, and when trauma affects these energy centers, it dims their vibrancy, creating a fertile ground for negative entities. Interestingly having having built many case studies over time I also see a pattern occurring, that certain doshic types are more prone towards specific entities, which we will cover during the webinar.



While this webinar is not designed to be a training course in this healing modality, it will provide valuable insights into how trauma attracts Bhutas and how these energetic imbalances manifest in our daily lives. By understanding these connections, you will be encouraged to think more deeply and reflect on the root causes of imbalance, potentially viewing them in

a new light. You will also gain a glimpse into the different types of entities and how they can affect our well-being, often hindering or slowing down physical and subtle healing processes.

To learn more, visit my website or consider joining us for a rejuvenating stay at our retreat center nestled in the tranquil foothills of the Scottish Highlands:

<https://members.tomazmueller.com/about>

APA: MEMBERSHIP RENEWAL

Dear APA Members, it is time to renew your membership with the Ayurvedic Professional Association

****Why Renew Your APA Membership?****

1. **Access to a Supportive Community:**

Connect with fellow Ayurvedic professionals who share your passion and expertise. Exchange insights, seek advice, and build valuable professional relationships.

2. **Discounted CPD Events:**

Stay at the forefront of Ayurvedic practice with our specially discounted rates for Continuing Professional Development (CPD) events. Enhance your skills and knowledge while saving on educational opportunities.

3. **Regular APA Newsletter:**

Receive and contribute to our bi-monthly APA Newsletter, packed with research highlights, APA news, recipes and much more. Stay informed about the latest developments in Ayurveda. All the APA Members are welcome to contribute their writing to the Newsletter. APA members are also able to submit paid advertisements to the APA Newsletter.

4. **Advertise your clinic services free of charge on the APA website:**

Promote your professional services to the general public via your private clinic listing page on the APA website, where you can describe your practice in detail and upload photographs of your workplace.

5. **Discounted Professional Insurance Rates:**

Enjoy reduced premiums on professional insurance from Holistic Insurance Services, ensuring you are well-protected while offering your clients the best care.

6. **Ongoing Support:**

Benefit from the APA's support in your professional journey. If you need guidance or have questions, we are here to help you.

****APA Membership Renewal is Simple****

Please follow the following three steps to complete the renewal process:

1. Before October 20th, please log in to your APA Account using the following link

<https://apa.uk.com/wp-login.php>

2. Select your Membership Category on the renewal page.

<https://apa.uk.com/membership-options>

Please Note that Membership Categories A to I require proof of insurance to be uploaded prior to payment, so please have this ready as a single file (PDF or Jpeg).

3. Please pay using the respective payment button linked to your membership category (the same as in previous years).

4. Your Professional Clinic Listings can added or edited after your membership has been renewed.

<https://apa.uk.com/members/my-account/new-clinic-listing>

Once added, your clinic listings can be found in your members' area on this page.

<https://apa.uk.com/members/my-account/my-clinic-listing>

On this page, you can check if the listing is approved. Please allow 36 hours for the clinic listings to be approved. Your clinic listing pages will be listed in the Members Area menu once you have logged in to your APA Account. So that you know, adding the clinic details is optional.

HERB SPOTLIGHT - GUDUCHI

By Dr Akanksha Bhardwaj



Tinospora cordifolia

Guduchi, also known as *Tinospora cordifolia*, common names heart-leaved moonseed, Giloy among others is a herbaceous vine of the family Menispermaceae, indigenous to tropical regions of the Indian subcontinent, Myanmar, and Sri Lanka, is an important herb in Ayurveda and is renowned for its wide array of health benefits, so much so that it has long been linked to the life-giving nectar of the gods.

In ancient Ayurvedic texts, Guduchi is called "Amrita" meaning immortality, highlighting the deep respect it holds as a foundational herb in Ayurvedic pharmacopeia. Guduchi is a powerful rejuvenating tonic that strengthens the immune system, enhances vitality, and supports longevity.

It acts on multiple organs and systems throughout the body and has been used to address a variety of health conditions, earning its reputation as an elixir of life. In fact, the name "Guduchi" translates "something which protects the body from diseases".

Modern Research on Guduchi

Research has been conducted in recent years regarding Guduchi and the ways it benefits

physical and emotional health. Here are a few of the most prominent studies on Guduchi from the past decade:

- The Chemical Constituents and Diverse Pharmacological Importance of *Tinospora Cordifolia*." [Pubmed Extract](#). Sep 2019.
- Medicinal Use of the Unique Plant *Tinospora Cordifolia*: Evidence from the Traditional Medicine and Recent Research." [ResearchGate](#). Jan 2017.
- Scientific Validation of the Medicinal Efficacy Of *Tinospora Cordifolia*." [PubMed Extract](#). Dec 2013.
- *Tinospora Cordifolia*: One Plant, Many Roles." [PubMed Extract](#). Apr 2012.
- Chemistry and Pharmacology of *Tinospora Cordifolia*." [SagePub](#). Nov 2016.

For UK-based Ayurvedic practitioners, the safety concerns regarding **Guduchi** (*Tinospora cordifolia*) remain similar to global standards, but there are some additional legal, regulatory, and practice considerations that apply specifically in the UK. Here are key safety aspects and considerations for practitioners:

HERB SPOTLIGHT - GUDUCHI

By Dr Akanksha Bhardwaj

1. Regulatory Compliance and Licensing

- In the UK, herbal products, including Guduchi, must comply with the **Traditional Herbal Registration (THR)** scheme under the Medicines and Healthcare products Regulatory Agency (MHRA). Practitioners should ensure they use only **licensed products** that meet UK safety and quality standards.
- Unlicensed or unregulated Guduchi formulations could pose risks due to contamination or incorrect labelling. Only sourcing from MHRA-approved suppliers is crucial.

2. Liver Toxicity Concerns

- **Liver toxicity** concerns have been reported with Guduchi in some cases. UK practitioners should be cautious, especially when prescribing it for patients with pre-existing liver conditions.
- Monitoring liver function through blood tests is advisable if Guduchi is prescribed for extended periods or in higher doses.

3. Allergic Reactions and Sensitivities

- Practitioners should be aware that Guduchi could cause **allergic reactions**, such as skin rashes or gastrointestinal issues, particularly among populations who may be less familiar with Ayurvedic herbs.
- Close observation is advised when patients begin taking Guduchi, especially in the initial phase.

4. Autoimmune Conditions

- Since Guduchi has **immune-boosting properties**, it may worsen symptoms in individuals with autoimmune diseases (e.g., **lupus, rheumatoid arthritis, multiple sclerosis**). UK practitioners should exercise caution and avoid prescribing Guduchi to such patients unless the benefits outweigh the risks.
- If prescribed, regular monitoring of the patient's condition is essential.

5. Pregnancy and Breastfeeding

- There is **insufficient clinical data** on the safety of Guduchi during **pregnancy and breastfeeding**, which makes its use in these populations risky.
- +UK practitioners should advise against using Guduchi for pregnant or breastfeeding women, in alignment with the conservative approach recommended by healthcare authorities.

6. Potential for Drug Interactions

- Practitioners need to be cautious of potential **herb-drug interactions**, particularly with:
 - **Immunosuppressants:** Guduchi's immune-boosting effects may counteract these drugs.
 - **Antidiabetic medications:** Guduchi can lower blood sugar levels, potentially leading to hypoglycaemia when combined with conventional antidiabetic treatments.
 - **Blood pressure medications:** As Guduchi may also influence blood pressure, careful monitoring is essential when it is used with antihypertensive drugs.
- It's important to consult with patients on their existing medications and consider potential interactions.

7. Adulteration and Quality Concerns

- Like many herbal products, Guduchi can sometimes be adulterated with other species or contaminated with heavy metals or pesticides. It's crucial to source Guduchi from reputable suppliers that follow good manufacturing practices (GMP) and quality control procedures.

8. Excessive Use

- Long-term or **excessive use** of Guduchi can lead to imbalances in body doshas (according to Ayurveda) or unwanted side effects. It's essential to prescribe it in **appropriate doses** and **for the right duration** based on the individual's health condition and constitution.

HERB SPOTLIGHT - GUDUCHI

By Dr Akanksha Bhardwaj



Tinospora cordifolia (dried)

9. Diabetic Patients

- Guduchi has **hypoglycaemic** properties, so practitioners should monitor **blood sugar levels** closely in patients with diabetes, especially if the patient is on diabetic medication. The risk of hypoglycaemia increases if the herb is used without proper oversight.

10. Labelling and Claims

- In the UK, health claims about herbal supplements are tightly regulated. Practitioners should avoid making exaggerated or unverified claims about Guduchi's benefits to comply with **UK Advertising Standards Authority (ASA)** guidelines and MHRA regulations.
- Practitioners should ensure that patients understand the limitations of the herb and emphasise that it is part of a **holistic treatment plan**, not a standalone cure.

Key takeaways for UK-based Ayurvedic Practitioners:

- **Check for THR Approval:** Ensure any Guduchi products are approved by the MHRA under the Traditional Herbal Registration (THR) scheme.

- **Adhere to Local Guidelines:** Follow UK legal and ethical guidelines on herbal medicine practice and avoid unlicensed products.
- **Patient Monitoring:** Regularly monitor patients for potential side effects, especially those with liver conditions, autoimmune diseases, or those on other medications.
- **Educate Patients:** Clearly explain the potential risks, benefits, and limits of Guduchi, and advise on the proper use of the herb.
- **Sourcing:** Ensure Guduchi is sourced from reliable, GMP-certified suppliers to avoid contamination or adulteration.

Being mindful of these concerns will help ensure Guduchi is used safely and effectively.

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THE ROLE OF YOGA IN CANCER CARE

By Karolina Raczyńska



Karolina Raczyńska

Yoga means the union of the individual self with the universal self. It is the union of the body, mind, emotions and intellect. The term yoga comes from the Sanskrit root Yuj, which describes the piece of wood that connects two bullocks pulling a cart, traditionally used for ploughing. The English word yoke comes from the same root (Iyengar, 2005).

For centuries, it has been known that Yoga has positive effects on physical and psychological health, but only recently has it been subjected to research studies about helping cancer survivors, i.e., those who have completed conventional cancer treatment.

There are more than 360,000 new cancer cases each year, and the statistics show that 1 in 2 people in the UK born after 1960 will be diagnosed with some form of cancer during their lifetime. Healing from cancer disease is a long-term holistic journey, and the practice of Yoga can offer safe, valuable and cost-effective support in such a process.

Cancer is defined as a group of diseases in which a collection of cells displays uncontrolled growth, which is defined as a malignant neoplasm. These immortal groups of cells have the ability to destroy the adjacent tissues and sometimes spread to other locations in the body via the lymph or blood, which is called metastasis. Cancer can be defined as an imbalance of the cell cycle between the naturally existing protectors of the healthy cell cycle and promoters of unhealthy cell production (Nagarathna, 2014).

In yogic terms, the rapid multiplication of abnormal cells can be understood as the excessive and uncontrolled movement of Prana, which is the vital life force. This increased flow of Prana is the precursor for the increased activity of chemical processes that cause the

imbalance in the cell and lead to chronic inflammation. The reduced functional ability of the natural killer cells is understood as a manifestation of speed as well as constriction resulting in blockage of Nadis, which are the subtle channels in the body. Restoration of the normal functioning of the misguided, rapidly growing cancer cells and the non-functioning natural killer cells is possible by introducing restful practices such as Yoga (Nagarathna, 2014).

According to Ayurveda, cancer is the result of an imbalance due to excess Rajas and Tamas at the mind level as well as the accumulation of Doshas lowered Agni, which in turn leads to the accumulation of morbid matter. This, in turn, might eventually lead to the development of cancer cells (Nagarathna, 2014).

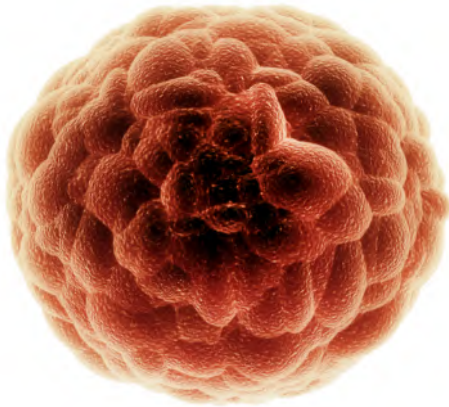
Yoga for patients undergoing treatment for cancer disease

Yoga integrates awareness of breath together with exercises and relaxation. All of these components are important in the healing journey of the cancer patient. As DiStasio (2008) writes, Yoga practice may help cancer patients in the management of anxiety, insomnia, pain, depression and fatigue. Bower et al. (2014) confirm that randomised controlled trials of yoga interventions conducted with a wide range of healthy and clinical populations suggest that Yoga has beneficial effects on stress, anxiety, depressive symptoms, pain, and aspects of physical function, although conclusions are limited due to the fact that at times the trials are still of poor quality.

The study presented by Chandwani et al. (2014) reports that the cancer patients who undertook the integrated Yoga programmes developed by the Vivekananda Yoga Anusandhana Samsthana (VYASA) in Bangalore, India regularly reported improvement in anxiety and distress symptoms, as well as the reduction in nausea and vomiting which come as a consequence of the conventional cancer

THE ROLE OF YOGA IN CANCER CARE

By Karolina Raczyńska



Cancer cell

treatment such as radiotherapy and chemotherapy. There were also beneficial effects reported on the production of the natural-killer cell counts and healing the radiation-induced DNA damage in those who practised in the Yoga programmes.

Physical activity is beneficial for cancer survivors, and it is recommended that adult survivors engage in the same amount of exercise with adaptations made when necessary. This recommendation is supported by a substantive amount of evidence documenting the beneficial effects of physical activity on quality of life of cancer patients (Culos-Reed, Mackenzie, Sohl, Jesse, Zahavich, Danhauer).

Improvement of sleep quality

The majority of cancer patients, after diagnosis, during treatment and post-treatment, report problems related to sleep; these can be difficulty falling asleep, maintaining sleep, poor sleep efficiency, early awakening, and excessive daytime sleepiness. Problems with sleep are one of the most frequent side effects experienced by patients with cancer disease. In some, such a problem persists for months, leading to a chronic disorder. This, in turn, has a very negative effect on the process of healing since a lot of cell repair takes place during sleep and increases morbidity and mortality. Yet this problem with sleep is often not diagnosed and also not treated effectively (Roscoe et al., 2007).

In 2013, the Journal of Clinical Oncology published an interesting study which investigated the changes to sleep patterns in cancer patients who practised a standardised Yoga for Cancer Survivors Program (YOCAS), which included the 1-month practice of gentle Hatha and restorative Yoga Asanas and meditation. These results were compared with the group of patients who did not practice Yoga and were part of the standard care programme (Mustian et al. 2013).

The yoga practice, which was part of the YOCAS, included the following Asanas:

Jnana mudra with mindfulness sitting meditation, Adhomukha Svanasana, Parvatasana Uttanasana, Prasaritta Padotanasana, Bharadvajasana, Balasana, Janu Shirsasana, Balasana, modification of Adhomukha Paschimottanasana, supported Supta Baddhakonasana, Savasana, Adhomukha Virasana, Jathara Parivartanasana, supported Setubandha Sarvangasana, Suptapadangusthasana, Sethubandhasana, Viparita Karani and Savasana.

The results of this study demonstrated that the cancer patients who took part in the YOCAS programme for one month, practising 75 minutes twice a week, experienced much more significant improvements in the quality of sleep, and they were able to reduce their sleep medication use by 21%. The participants of the standard care programme also showed some improvement in the quality of sleep, but the improvements were greater in the Yoga participants, and only the Yoga participants showed significant improvements in sleep latency, sleep duration, and daytime dysfunction. The participants of the standard care group increased sleep medication use by 5% rather than decreasing the medicines as in the case of the Yoga group.

THE ROLE OF YOGA IN CANCER CARE

By Karolina Raczyńska



Management of cancer treatment-related distresses.

Another major complaint reported by cancer patients who undergo conventional chemotherapy and radiotherapy treatments is nausea and vomiting. Over 60% of patients experience these side effects of treatment (Rhodes & McDaniel, 2001). As a standard treatment, antiemetic medicine is currently used; however, complete control over nausea and vomiting is reported to be low. These symptoms affect the ability of patients to perform everyday tasks and digest food, and they significantly decrease the quality of life. Very often, the side effects associated.

A recent research study examined the effect of an integrated Yoga programme on chemotherapy-related nausea and emesis in early operable breast cancer outpatients. The patients who were undergoing chemotherapy at the Bangalore Institute of Oncology in India were recruited for this study.

The study selected two groups: a yoga group and a group undergoing conventional treatment with antiemetic medicines.

During the chemotherapy protocol, subjects in both groups were offered an intervention before starting their first chemotherapy cycle. The participants of the yoga group were taught relaxation techniques for 30 minutes, and they

also received counselling. Following that, the participants of the Yoga group received audio and video recordings of yoga teachings for their home practice, and they were asked to practise them for one hour every day. Their yoga teacher also supervised these participants once every ten days at home. The second group received only the antiemetic medicines before chemotherapy and performed no yoga. Both groups were asked to note down the episodes of vomiting and nausea duration after every cycle of chemotherapy and also to complete the questionnaires.

The results of this study showed that the practice of Yoga helped reduce post-chemotherapy-related nausea and anticipatory nausea and vomiting compared with supportive therapy. These results confirm that Yoga probably shares some common techniques with other behavioural therapies that influence pathways from stress to somatic symptoms. This study recommended that oncology clinics adopt such yoga interventions by training nurses involved in cancer care.

Changes to the inflammatory processes and levels of fatigue levels

Another important role that the practice of Yoga plays in the process of healing from cancer disease is its impact on the inflammatory processes in the body. Chronic inflammation plays a crucial role in the onset of multiple diseases, including cancer, as it drives the growth of the cancer cells. It has also had an impact on the energy levels, mood, and occurrence of pain. Chronic inflammation due to immune dysfunction does not only attack bad cells and infections but also healthy cells, causing DNA damage, mitochondrial destruction and protein linkage. Therefore, it is crucial to keep chronic inflammation as low as possible, especially in the case of cancer, when the body needs to restore its optimum immunity to heal, and the practice of Yoga can help with this.

THE ROLE OF YOGA IN CANCER CARE

By Karolina Raczyńska

There has been a fascinating study titled 'Yoga reduces inflammatory signalling in fatigued breast cancer survivors: A randomised controlled trial' by Bower et al. (2014), which researched how the practice of selected Iyengar yoga asanas over 12 weeks reduces fatigue on genomic and circulating markers of inflammation in 31 fatigued breast cancer (stage 0-II) survivors out of which 16 practised yoga for 12 weeks and 15 attended health education classes on the subjects related to breast cancer but with no yoga practice included. The yoga intervention emphasised asanas that focus on passive inversions, i.e., supported upside-down postures in which the head is lower than the heart and passive backbends. This is the list of asanas which was used as part of this study, including the use of props:

- Supta Baddhakonasana with bolster, strap, and blankets
- Supta Svatstikasana with bolster and blanket
- Setu bandha Sarvangasana with bolster, strap, and blankets
- Setu bandha Sarvangasana on a wooden bench with a box and bolster
- Purvottanasana with two chairs, bolsters, and blankets
- Viparita Dandasana on two chairs with the head supported
- Salamba Sarvangasana with a chair, bolster, sticky mat, and blanket
- Salamba Sirsasana on ropes
- Supta Konasana with legs apart on two chairs
- Viparita Karani with two blocks, a wall, a bolster, and blankets
- Bharadvajasana on the chair
- Adhomukha Svanasana on ropes with the chair
- Urdhva Mukha Svanasana with the chair
- Urdhva Hastasana
- Urdhva Baddhanguliyasana
- Savasana with bolster and blanket

Not all of the postures listed above were included in each class. A typical sequence of

postures and the duration of each posture was as follows:

1. Supta Baddhakonasana (10 minutes)
2. Setu bandha Sarvangasana on bolsters (5 minutes)
3. Adhomukha Svanasana (5 minutes)
4. Salamba Sirsasana (5 minutes)
5. Viparita Dandasana (5 minutes)
6. Setu bandha Sarvangasana on a wooden bench (5 minutes)
7. Viparita Karani (10 minutes)
8. Supported Savasana (10 minutes)

This sequence also incorporated breathing techniques. The postures were introduced using a standard progression from more straightforward to more challenging over the course of the 12 weeks and were adapted to suit each individual (Bower et al, 2011).

To evaluate the inflammation levels, participants of this study provided blood and saliva samples at baseline, after 12 weeks and then again after three months after the intervention. The participants have also completed various research questionnaires, which assessed their changes in fatigue levels. Participants who practised Yoga reported a significant decline in fatigue severity from the moment they started the 12-week course to post-treatment and over the 3-month follow-up. On the other hand, the women who participated in health education and did not practice Yoga reported no change in their state of being over this period.

The primary outcome of this randomised controlled trial was fatigue. However, in addition, this research examined the effects on inflammatory processes. It was concluded that this specific Iyengar type of yoga intervention designed to ameliorate fatigue not only improved the fatigue, but it also led to alterations in molecular signalling pathways associated with inflammation in fatigued breast cancer survivors.

THE ROLE OF YOGA IN CANCER CARE

By Karolina Raczyńska

This study suggests that Yoga significantly increased the expression of genes bearing the glucocorticoid receptor (GR) response elements, indicating increased glucocorticoid signal transduction. A second potential pathway for Yoga's anti-inflammatory effects may be alterations in the sympathetic nervous system signalling by reducing sympathetic and increasing parasympathetic activity (Bower et al., 2014).

The practice of Pranayama and its benefits

Breath and its patterns reflect our state of being and also our health. Also, all chronic diseases are partially caused by the lack of oxygen at the cell level.

Breath also changes automatically according to the mental activity, i.e., it becomes agitated when the mind is agitated; it is calm and very subtle when the mind is calm, etc. Just watching the natural breath will be helpful in recognizing the imbalance of the Prana, the vital force energy and the mind.

There is a common misconception that deep breathing is beneficial, but actually, when a person starts to hyperventilate or breathe more air per minute, blood oxygenation in the lungs has insignificant changes. This is because, during normal breathing, haemoglobin cells in the arterial blood have 98-99% O₂ saturation. Therefore, deep breathing cannot increase blood oxygenation to any significant degree. As explained by Dr Rakhimov (2018), deep breathing causes more carbon dioxide to be removed from the lungs with each breath, and because of that, the level of CO₂ in the lungs immediately decreases.

Multiple studies confirm that cancer patients breathe much above the norm, even up to 42 breaths per minute, whereas the medical norm is 12 breaths per minute. It has also been observed that patients suffering from cancer who breathe faster or more frequently have higher mortality rates and poorer prognoses.

The diagram below (Fig.1) demonstrates that the severely sick person would take 30 breaths per minute, which equals approximately 25 litres of oxygen.

Fig.1 Breathing patterns and their relation to health (reference: www.normalbreathing.com)

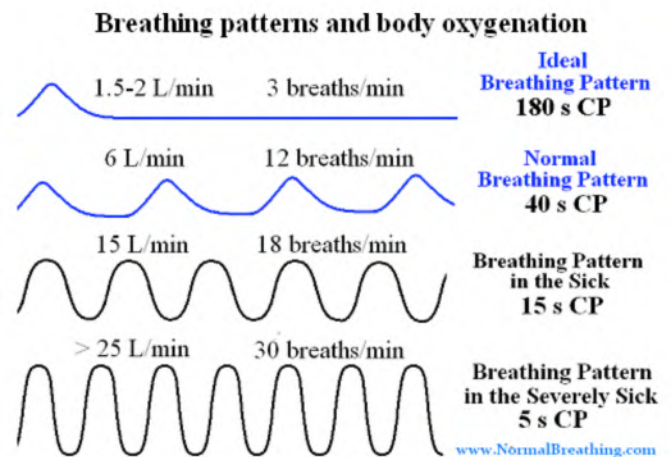


Fig.1

Pranayama's practice helps regulate the breath and refine and prolong the inhalation and, most importantly, the exhalation, which in turn allows us to breathe less and keep the cells in the body oxygenated. Lack of oxygen in the body makes the body acidic and creates a conducive environment for cancer cells to develop.

Yoga and breathing techniques have the ability to alter the expression of genetics, as shown in a recent study in Norway by Saatcioglu et al. (2013). The study compared two groups, the first one being the yoga group, which participated in a 1-week retreat with a 2-hour daily asana, pranayama and meditation practice; the second group didn't practice Yoga but listened to relaxing music and walked in nature. The study found that the practice of Yoga changed the expression of 111 circulating immune cells, and it was much more effective than walking and music listening.

Based on the above, it is very beneficial for cancer patients to develop Pranayama practice

THE ROLE OF YOGA IN CANCER CARE

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as part of their treatment protocol. The first step is for the patient to become aware of the breath and recognise its patterns, e.g., from which nostril it is coming in and from which nostril it is coming out. The very process of observation reduces the imbalance between the two nostrils.

A safe Pranayama, which can be introduced for the cancer patient, is Nadhi Suddhi Pranayama, which has a possible breathing ratio of 1 to 2, meaning the exhalation is twice as long as the inhalation. This has a relaxing effect on the mind and body, which would be appropriate if there is anxiety and tension in the cancer patient. If the patient is feeling fatigued and lethargic, then the inhalation can be extended over inhalation, which will have an energising effect (Keller, 2018).

The process of relaxation also occurs in the natural stop called Kevala Kumbhaka, which occurs between inhalation and exhalation. This space induces deep rest and relaxation, releasing tension in the body.

Another useful practice is Bhramari pranayama, which expands the three-dimensional awareness. While performing Bhramari Pranayama, it is important to produce resonant sound vibrations during the inhalation and the exhalation. In this way, the frequency produced in the throat during exhalation matches the

natural frequency of the body (Nagarathna et al., 2014).

Results from this emerging literature research presented above suggest that Yoga is a very suitable intervention for a wide range of cancer patients and survivors. It has also been described as a necessary tool that can be used complementary to the conventional cancer treatment offered in hospitals.

It is important to remember that cancer is a very complex disease, and there are also various types of cancers that affect patients in a different way. Sometimes, the patient might have been living with cancer for many years without knowing, and they are ill, but at the moment of diagnosis, due to shock and worry, their health worsens dramatically, and their immunity lowers. The practice of Yoga is ideal in this respect as it addresses the body and the mind together, leading to stress reduction and, therefore, improved immunity.

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Artichoke soup (1 portion)

Ingredients:

- Artichoke 150g
- 1/2 sweet white onion
- One small zucchini or 1/2 large
- One clove garlic
- 1 cm fresh ginger
- One stick of rosemary
- One cup vegetable stock
- One tablespoon of olive oil or ghee
- (optional 50g grated grana padano, 2tbs sunflower seeds)
- spices: mustard seeds, cumin, coriander seeds, fennel seeds (a pinch of each)
- salt and pepper

Directions:

- Wash vegetables
- Chop garlic, ginger and onion
- Cut zucchini into cubes
-

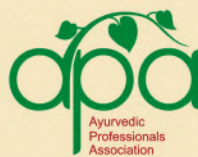
How to cook:

- Throw spices into heated oil or ghee, wait until they start to sizzle, and add rosemary.
- Then add ginger, onion and garlic and let it fry for about 1-2 minutes
- Then add zucchini and artichoke. After a while, pour vegetable broth and cook everything covered for about 15 minutes.
- If you decide on the cheese option, add it now and blend everything into a smooth cream. Add salt and pepper to taste.
- In a separate pan, roast sunflower seeds with a pinch of salt and pepper, which you will use to sprinkle the soup. You can also pour a teaspoon of olive oil or ghee for decoration.



Peter Czapke

Peter is a vegan / vegetarian chef, nutritionist, wellness coach, and personal trainer. He is passionate about a healthy lifestyle, focusing his work on nutrition on many levels and exploring cuisines worldwide in search of perfect recipes, creating their own. It is supposed to be healthy, but not at the expense of reducing the taste.



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Her belief has always been that much of the modern day conversation around health and balance is misleading and unhelpful, causing confusion and fear in people. Even some deliverers of Ayurveda are diluting its profound philosophy so that it fits with the hugely profitable wellness industry's narrative.

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Email sonja@anala.co.uk if you would like to know more about her talks and host an event with her.

A N Ā L A

KAKANASA (MARTYNIA ANNUA)

By Andrew Mason



Kakanasa (Martynia annua)

A lesser know, yet highly medicinal fruit

This highly medicinal, as well as visually stunning fruit is found in both tropical and subtropical regions of Asia, as well as the Americas. Its use as both food and medicine stretch back many thousands of years. Its memorable profile has also made its seed pods decoratively sort after.

This plant is celebrated for its beautiful flowers, edible leaves, roots, seed oil and fruit.

Martynia annua (part of the Martyniaceae family) is commonly referred to as *Kakanasa*. In Tamil its name is *Naga Tali* and in Sinhalese, is called *Nagadarana*. In the west, we know this plant by the name Cat's Claw or Devil's Claw.

Cultivation

The plant itself is easily grown from seed or from cuttings. It has a liking for warm and dry environments with well-drained soil. It is a low maintenance plant, but enjoys fairly frequent watering. Wilting leaves and discolouration quickly indicate a less than desirable state of health. This plant is very well adjusted to insects, infestation and other plant diseases, and so, is a hardy plant in most respects.

Kakanasa in Ayurveda

In Ayurveda, *Martynia annua*, is referred to as *Bichhu Phal* or *Baghnakh*, meaning it is likened to the claw of a tiger. This is due to its obvious claw-like profile. All parts of the plant are considered medicinal, especially its leaves, root, seeds, and of course - its fruits.

Kakanasa helps reduce Vata and Kapha Doshas, dispelling coldness and sluggishness. Its heating properties counteract Kapha, its oily properties stabilize Vata Dosha. Its warming qualities also help to clear nasal congestion and ease respiratory issues.

As a fever remedy, it can help break-a-fever, this it does through its inherent ability to promote intense perspiration, which then aids in the reduction of body temperature, naturally.

Kakanasa is also useful in detoxification therapy, due to its blood cleansing properties. Its role in blood purification practices also helps supports the treatment of some types of skin diseases and chronic ulcers. Freshly expressed leaf juice can be very effective as a sore throat gargle, whereas its pasted leaves can be topically applied to wounds.

KAKANASA (MARTYNIA ANNUA)

By Andrew Mason



Mature fruits of Martynia annua



Immature / matured fruits of Martynia annua

In traditional Indian folk medicine, this plant is used in the treatment of snake and insect bite, particularly the sting of a scorpion. In Sri Lanka, this plant is similarly recognised for its use as an anti-Visha medicine ie: a potent remedy against all forms of toxins. It is also used in the management of epilepsy, where its influence on the nervous system is believed to have an overall calming effect.

Ayurveda classifies Kakanasa as:

- Rasa: bitter and slightly pungent.
- Guna: drying and lightening.
- Virya: heating, helping to stimulate the bodies metabolism.
- Vipaka: its post-digestive effect is pungent, which again, contributes to digestion and metabolism.

Medicinal benefits

Scientific studies on this plant are limited, however preliminary research seems to suggest a range of health benefits, that may include:

Anti-inflammatory properties

Martynia annua fruits have been traditionally used to reduce inflammation. This effect is likely due to the presence of bio-active compounds like flavonoids, phenolic compounds, and other antioxidants, which help in reducing the

body's inflammatory response. These anti-inflammatory properties make the plant potentially useful in treating conditions like arthritis, joint pain, and other inflammatory diseases.

Antioxidant

Martynia annua contains a high level of antioxidants, which play a crucial role in neutralising free radicals in the body. This helps protect cells from oxidative stress, which is linked to chronic diseases like cancer, cardiovascular diseases, and neurodegenerative disorders. The antioxidants found in the fruit may also contribute to skin health by preventing damage from environmental factors such as UV rays and pollution.

(Pain relief)

Martynia annua is a natural analgesic, the plant's fruit having compounds that can help relieve pain by acting on the body's pain pathways. This property is particularly beneficial for treating muscle pain, headaches, and other mild to moderate pain conditions.

Antimicrobial / Antibacterial

Martynia annua extract has been shown to have antimicrobial and antibacterial effects against various pathogens. This means it could help prevent or treat infections caused by bacteria and other microorganisms. These properties make it a candidate for treating minor skin

KAKANASA (MARTYNIA ANNUA)

By Andrew Mason



Martynia annua flowers

infections, wounds, and other conditions where microbial activity needs to be controlled.

Anticancer (potential) properties

preliminary studies suggest that the fruit may contain bio-active compounds that can inhibit the growth of cancer cells. This potential anticancer effect is attributed to its antioxidant and anti-inflammatory properties. Although more research is needed, these findings suggest that *Martynia annua* might be a valuable plant in developing some forms of natural anti-cancer drugs

Anti-diabetic

Some studies on the plant indicate that it may help regulate glucose levels in the body, making it a potential natural remedy for diabetes. These effects are possibly linked to the plant's impact on carbohydrate metabolism and its ability to improve insulin sensitivity.

Wound Healing

Martynia annua is a traditional remedy for treating cuts, wounds, and burns due to its antimicrobial properties. It is believed to promote faster wound closure and reduce the chances of infections, thereby aiding in better recovery of the skin tissues.

Digestive Health

Martynia annua has mild laxative properties, which can help in alleviating constipation and promoting regular bowel movements. The plant may also help in soothing digestive tract inflammation, making it useful in treating conditions like gastritis or irritable bowel syndrome (IBS).

Its phytochemical composition includes:

- Flavonoids: known for their antioxidant and anti-inflammatory activities.
- Tannins: contributing to antimicrobial and astringent properties.
- Glycosides and Saponins: offering various therapeutic effects, including potential blood sugar regulation and immune modulation.
- Alkaloids: many alkaloids have shown medicinal effects, including pain relief and protection against pathogens.

In conclusion

Martynia annua is recognised for its diversity of medicinal applications, particularly in its role of reducing inflammation and pain, as well as microbial infections.

Ayurveda recommends some caution during pregnancy and lactation and that its overuse can increase heat and sweating, while aggravating Pitta dosha.



Dried fruit / seeds of Martynia annua

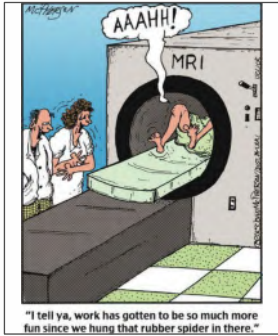
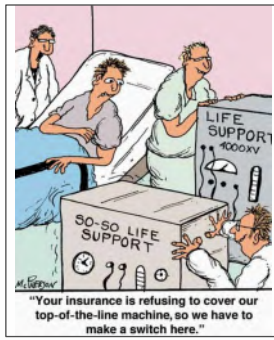
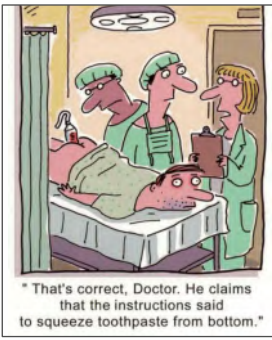
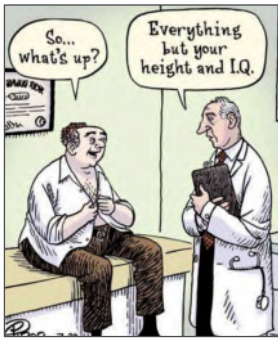


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