What helps – and what to be careful about

# Yoga, Pranayama and the Brain




## Dr Anand Diwan

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Brain, spine, nerve & muscle specialist

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Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**


**Scan to book your appointment**

# Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

## Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

# How yoga helps the brain



## Stress

Slow breathing calms the nervous system and lowers stress

## Sleep

Regular practice can improve sleep

## Migraine

Studies show yoga, added to medicines, can reduce migraine attacks

## Balance

Gentle yoga improves balance and may reduce falls in older people



# Where research shows benefit

- Stress, anxiety and mild low mood
- Tension headache and migraine – along with treatment
- Chronic back and neck pain
- Balance and flexibility in Parkinson's and in older people
- Recovery and fitness after stroke – with physiotherapy
- Better sleep

> **Remember**
>
> - Yoga is an **add-on**, not a replacement for medicines.

# Be careful if you have...

### Cervical spondylosis or neck pain

Avoid headstand (shirshasana), shoulder stand and forceful neck bending.

### High BP, heart disease, glaucoma

Avoid head-down postures and long breath-holding (kumbhak).

### Epilepsy

Avoid very fast, forceful breathing (bhastrika, fast kapalbhati) if it brings on symptoms; never practise near water or at heights alone.

### After stroke, vertigo or poor balance

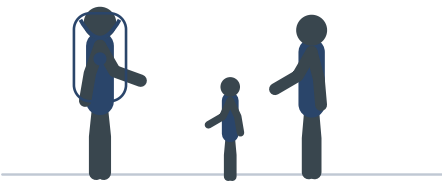
Use a chair or wall for support; avoid sudden head turns.

### Pregnancy

Only under a trained teacher.

# A simple 15-minute routine

1. **Sit comfortably** with a straight back (chair is fine).
2. **Neck and shoulder rolls** – slow and gentle, 5 times.
3. **Tadasana** – stand tall, stretch up, 5 breaths.
4. **Vrikshasana** – tree pose with wall support, 3 breaths each side.
5. **Bhujangasana** – gentle cobra, 3 times.
6. **Anulom-vilom** – alternate nostril breathing, 5 minutes.
7. **Bhramari** – humming bee breath, 5 rounds.
8. **Shavasana** – lie relaxed, 3–5 minutes.



# Tips for safe practice

- Learn from a trained teacher first
- Practise on an empty stomach or 2–3 hours after meals
- Never force a posture – stop if there is pain, giddiness or numbness
- Breathe normally; do not hold the breath for long
- Continue all your medicines
- Consistency matters more than difficult poses – 15 minutes daily is enough

### Stop and see a doctor if

- New weakness, numbness or tingling after practice
- Severe headache or giddiness

# Appointments

**Monday to Saturday · Closed on Sundays**

## Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

*Hospital open 24 hours for emergencies*

**0253 2224411**

## Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

**0253 2472111**

Scan to book your appointment

**Or book on WhatsApp**

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.