

Mitra Sandesh

July 1, 2024

I CAN & I WILL

People with Cancer use Yoga mainly because it makes them feel good. It is a natural way to relax, and cope with stress, anxiety and depression. It enhances your mood and wellbeing. Yoga helps in slowing down and helps calm your mind. Although there is no scientific evidence to prove that yoga can cure cancer or prevent cancer, it certainly can help cope with the side effects during treatment and thereby bringing positivity and mental wellbeing. Many cancer centers have included yoga as an adjunct therapy along with the treatment.

“Yoga practice helps you beat the physical and mental discomforts of cancer treatment.”

Amar Bhaskar



YOGA FOR HEALTH AND WELLNESS

Dr. Mayur V Kaku

Yogic Neurosurgeon .MBBS, MCh (Neurosurgery), Brain and Spine Surgeon, Senior Consultant Neurosurgery, HoD Yoga and Neuroscience, PES Medical College, Kuppam



Dr. Sowmyashree Mayur Kaku

PhD in clinical neurosciences and child and adolescent psychiatry.

The theme "Yoga for Self and Society" guided our celebration of International Yoga Day on June 22nd at the Arya Samaj Hall as part of Vikalpa Mitra Program. Dr Mayur eloquently conveyed the significance of yoga, delving into concepts like brahma muhurta yoga, the benefits of Ashtanga yoga, and the scientific principles behind pranayama and mudras. We engaged in various practices, from suksham vyayama for subtle exercises, chair surya namaskaras for sun salutations, to pranayama techniques and couple/partner yoga. This holistic approach enhanced our physical well-being and highlighted yoga's role in fostering individual health and societal harmony through shared practice and understanding. Keeping in mind the three Rs, we practiced Yoga as follows –

Relaxation - We started the yoga practice with Nadanusandhana, which is about experiencing Aumkara's vibrations by splitting Aum's sound into AA UU and MM kara and practising breathing awareness.

Restoration - From toes to heels to knees to hips to spine to shoulders to elbows to wrists and then fingers, neck, and face region, we restored the range of motion and flexibility in many vital joints of the body. This practice is called the Sukshma Vyayam (micro exercises), and it helps in the healthy ageing process. For healthy ageing, we need our joints to be in full range of motion, strength, and flexibility. Many of my fellow yoga practitioners like this part of our session.

During the sessions, participants delighted in practicing Surya Namaskar in their chairs, initially finding it deceptively simple. However, as they incorporated mindfulness into the movements and breathing, the chair-based Surya Namaskar proved to be quite challenging. Dr. Mayur highlighted that Surya Namaskar is not just a physical routine; it symbolizes our interconnectedness with the universe. He explained how the sun's energy, captured by plants and transferred through the food chain, allows us to experience the profound beauty of existence.

Rejuvenation

Partner yoga elevates physical practice by simultaneously enabling challenging poses with the active help of a partner. This improved awareness in the practice and brought a feeling of oneness with every aspect of existence.

Sarvam Khalvidam Brahama asmi

Yoga and connection to art forms

Yoga and art share a profound connection through their ability to inspire, heal, and elevate the human spirit. Dr Sowmyashree discussed how both practices cultivate creativity, mindfulness, and self-expression. Yoga, focusing on breath, movement, and meditation, helps practitioners find inner balance and harmony, fostering a deep connection between mind, body, and soul. Similarly, art transcends boundaries of language and culture, allowing artists to convey emotions and ideas through various mediums. Learn to appreciate art that is naturally present all around us, whether in nature or the ancient temples and art forms, including music, dance, painting or sculpture. Together, yoga and art encourage exploration, introspection, and the discovery of new perspectives, making them powerful tools for personal growth and enrichment while seeking collective consciousness.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.

Note

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PRIMUM NON NOCERE : FIRST, DO NO HARM. (THEN, SEE IF YOU CAN HELP!)

Dr. Swaroop

MD radiation oncology, DM medical oncology, MRCP SCE
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The philosophy of *primum non nocere*, or "first, do no harm," (in Latin) is a fundamental principle in medical ethics that has been debated and explored in various contexts, including cancer care. This doctrine, first introduced by the ancient Greek physician Hippocrates, serves as a reminder that the primary goal of medical care is to alleviate suffering and promote healing, rather than to simply treat a disease at any cost.

In the realm of cancer treatment, the principle of *primum non nocere* takes on a unique significance, as the therapies and interventions used to combat the disease can often have devastating side effects. The complexity of cancer itself poses a significant challenge in applying this philosophy, as what works for one patient may not work for another. Moreover, the urgency and desperation that often accompany a cancer diagnosis can lead patients and providers to pursue aggressive treatments that may ultimately do more harm than good.

Despite these challenges, there are steps that can be taken to uphold the doctrine of *primum non nocere* in cancer care. For example, healthcare providers can prioritize patient-centered care, taking the time to listen to patients' concerns and values, and tailoring treatment plans to meet their unique needs.

It must be noted that the philosophy of *primum non nocere* is more prominent in the management of patients with certain metastatic cancers, which may not be regarded as generally curable. The choice of treatment regimen will be based upon ease of administration, patient convenience, minimal toxicity with reasonable effectiveness.

Certain decisions, such as for example the use of ICU care in terminally ill metastatic cancer patients, or the use of an expensive monoclonal antibody in a patient already heavily in debt, should be made duly after discussion with the patient.

There exists a diametrically opposite concept namely "*primum succurrere*", which in Latin means "First, Hasten to Help". This is rational among patients with situations involving conditions which can potentially be permanently cured with highly aggressive and generally toxic regimens. This includes, for example, a young teenager with an acute lymphoblastic leukemia.

All being said, the doctrine of *primum non nocere* in cancer care is not about avoiding risk or guaranteeing outcomes, but about approaching each patient with compassion, humility, and a deep respect for the complexity and fragility of human life. By upholding this fundamental principle, healthcare providers can ensure that their care is guided by a commitment to doing no harm, and to promoting the well-being and dignity of their patients.

So, it is for us to ponder, whether the apparently paradoxical doctrines of '*primum non nocere*' and '*primum succurrere*' can co-exist?

If you wish to contribute to this news letter, Kindly submit your article to: contact@mitracancare.org



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YOGA DAY 2024

