

YOGA AND MODERN MEDICINE SYSTEM

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The ancient Indian system of yoga may be complementary to 'Modern Medicine System' in the management of good health if used judiciously. Yoga may be used as an effective tool to maintain a healthy lifestyle resulting in the prevention of many diseases and partially useful in their treatment also. However, yoga should not be clumped and confused with unreliable herbal medicines for which no scientific trials are available and non-judicious use of them can cause more harm than benefits. In this paper, yoga practice is assessed from the perspectives of integrative medicine and other meditative aspects of Yoga. Findings reveal that yoga encourages one's ability to adjust to any illness without being neurotic about it; this is the key to good health and mind. However, further research on the subject is needed to help in solving several unsolved medical disorders.

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