

BÖLÜM 5 ◀

YOGA VE HEMŞİRENİN ROLÜ

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1. YOGAYA GİRİŞ

Geleneksel, Alternatif, Tamamlayıcı ve Bütüncü Tıp Uygulamaları (Complementary and Integrative Medicine-CIM) son yıllarda tüm dünyada ve ülkemizde bir sağlık hizmeti seçeneği olarak kabul görmeye başlamış ve dünya çapında yaygın olarak kullanılmaya devam etmektedir (1, 2). Birçok kişi, çok çeşitli akut ve kronik hastalıkların semptomlarını tedavi etmek ve/veya hafifletmek için Tamamlayıcı ve Bütüncü yaklaşımları kullanmaktadır. İnsanlar, kronik ve malign hastalıkların insidansının artması, tedavi ve bakım sürecinin zor olması, bu hastalıkların kesin tedavilerinin olmaması veya uzun olması, tıbbi tedavilerin yan etkileri gibi nedenlerle Tamamlayıcı ve Alternatif Tıp uygulamalarını tercih etmektedir. Aynı zamanda, bağışıklık sistemini güçlendirmek ve tamamlayıcı tedavilerin doğal ve zararsız olduğunu düşünceleri bu yöntemlere başvurmalarını kolaylaştırmaktadır (3).

Geleneksel ve Tamamlayıcı Tıp yöntemlerinin özellikle 20. Yüzyılın ilk yarısından itibaren hastalıklarda kullanımını artırmıştır. Dünya Sağlık Örgütü'ne (DSÖ) göre; 'Fiziksel ve ruhsal hastalıklardan korunma, bunlara tanı koyma,

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