

## BÖLÜM 8

# YOGA TERAPİNİN İYİLEŞTİRİCİ GÜCÜ

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### GİRİŞ

Yoga, Hindistan’da ortaya çıkan fiziksel ve zihinsel uygulamaların bir bütünü olup, nihai amacı zihin ve ruhta huzur elde etmektir. Yoga kelimesi “birlik” anlamına gelir ve kozmik bilincin kişinin kendi kişisel bilinciyle birleşmesine yani, bir kişinin “Ben”den “Biz”e, ben-merkezli olmaktan küresel bir insana dönüşmesine yardımcı olur<sup>1</sup>. Bu birlik hali aynı zamanda düşünce ve eylemin birleşmesi olduğu kadar, hastalık ve sağlık alanlarında terapötik değere sahip olabilecek bütünsel bir zihin ve bedene doğru ilerlemektir<sup>2</sup>. Yogadaki bütünsel yönelimin yararları zihinsel ve ruhsal varlığa kadar uzanmakta, sağlıklı yaşamın devamı, hastalıkların önlenmesi, hastalıkların tedavisi ve yaşam kalitesinin artmasına katkı sağlayarak popülerliği artmaktadır<sup>3</sup>.

Son yıllarda bazı hastalıklarda yoganın tamamlayıcı bir tedavi olarak kullanıldığı ve bu yönde bilimsel çalışmaların yapıldığı görülmektedir<sup>4</sup>. Yoga terapinin kardiyovasküler hastalıklar, hipertansiyon, artrit, ağrı sendromları, astım, tip II diyabet, multipl skleroz, HIV, meme kanseri, parkinson, doğum öncesi ve doğum sonrası depresyon, stres, TSSB, anksiyete ve obezite gibi hastalıklarda pek çok faydası tanımlanmıştır<sup>4,5</sup>. Yoga kolay uygulanabilen, invaziv olmayan, rekabet içermeyen, maliyeti düşük, bilimsel kanıtları olan bir uygulama olması ve getirdiği bütünsel iyilik hali ile hem fiziksel hem de ruhsal hastalıklar için umut vadetmektedir<sup>2</sup>. Bu nedenle bu bölümde yoga terapinin iyileştirici boyutuna yönelik bilgi sunulmuş, yoganın felsefesi, faydaları, bedensel ve ruhsal hastalıklarda kullanımı ve yapılan bilimsel çalışmalar detaylı bir şekilde paylaşılmıştır.

### YOGANIN FELSEFESİ VE FAYDALARI

Bir yaşam felsefesi olarak yoga; beden, zihin ve ruhun uyum içerisinde çalışarak evren ile bütünleşmesini amaçlar<sup>1</sup>. İnsan bilincinin (benliğin) zihin ve beden üzerinde hakimiyet kurmasına ve uyum sağlamasına olanak sunan sistematik, bilimsel bir yöntemdir<sup>2</sup>. Geçmiş 6000 yıl öncesinde dayanan yoganın kökleri doğu

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için düzenli olarak yoga yapılmasının teşvik edilmesi kadar, bazı belirtilerle daha etkin baş edilmesinde yoga asanaları, nefes teknikleri veya meditasyon hemşirelik bakımına eklenebilir. Literatürde yoganın ruh ve beden sağlığı üzerine etkilerine ilişkin bilimsel çalışmalar bulunsa da<sup>1,4,7,9-12,37,42-45,52-65</sup>, psikiyatri hemşireliğine spesifik araştırmaların kısıtlı sayıda olduğu<sup>39,46,56,72,75</sup> görülmektedir. Bu nedenle kanıta dayalı uygulamalar için psikiyatri hemşirelerine yenilikler sunan yoga terapinin uygulandığı ve hemşirelik bakımına entegre edildiği bilimsel çalışmaların yapılması önerilmektedir.

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