

Yoga and Vertigo

Vertigo is a disease causing dizziness where the individual feels the sensation of the spin movement of all the bodily organs. It can be compared with the feeling one gets while one sits in a roller coaster.

If the cause of the vertigo is known then one can better identify which postures of yoga would suit well for the treatment of the disease. Body balance is achieved with proper functioning of the nervous system. Any harm to the brain or the spinal cord causes dizziness or vertigo and the patient becomes inactive.

How does Yoga work?

- ❖ Yoga asanas like Malasana (Garland Pose) and Sirsasana (head stand) can stimulate the nervous system and curb dizziness. It also increases the rate of metabolism in the human body. Certain of yoga help in better circulation of blood in the brain region.
- ❖ Halasana is another asana of yoga which helps in the increase in the activity of the back and the limbs.
- ❖ Pranayam (Alternate nostril breathing) asana is highly recommended can also help in the treatment of vertigo. Nostril breathing can increase the amount of oxygen supplied to the brain and other organs of the body which also increases the concentration of the individual in their work and increase the rate of metabolism in the body.
- ❖ Relaxation by practicing Savasana (dead corpse poses) also works wonders as it helps the body to rest completely and free itself from the negative thoughts troubling the mind. The body can be rejuvenated while at rest and complete rest can repair the damage caused due to constant wear and tear of the body parts.

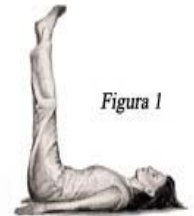


Figura 1



Figura 2



Figura 3

Diet Suggestions:

- ❖ Reduce high sugar food and add more complex carbohydrates like wholegrain bread, brown rice, legumes and vegetables to maintain blood sugar balance.
- ❖ Eat a low-sodium diet.

- ❖ Drink plenty of water throughout the day and stay away from caffeinated beverages.
- ❖ Improve circulation by eating plenty of fruits and vegetables. Garlic, chilies and ginger are thought to improve the circulatory disorders associated with vertigo.