

YOGA THERAPY FOR CERVICAL SPONDYLOSIS

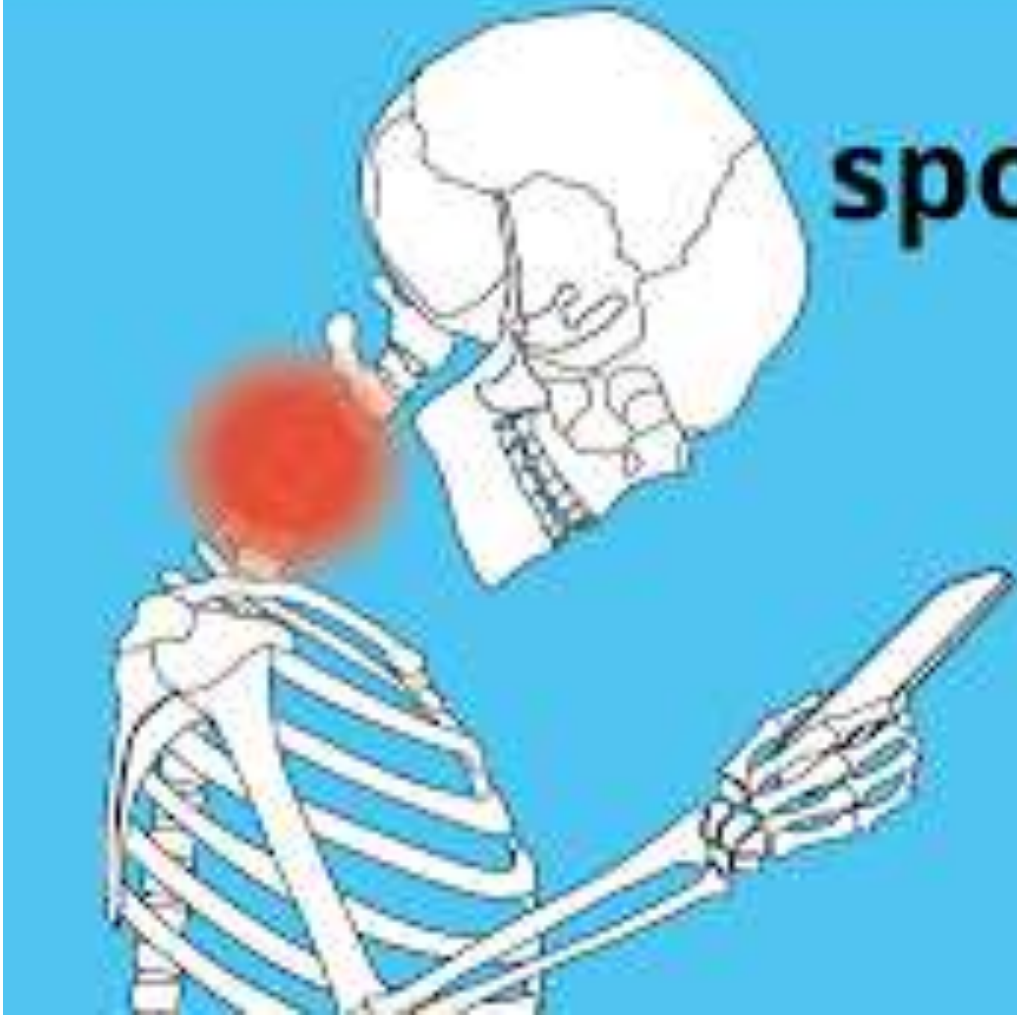
BY

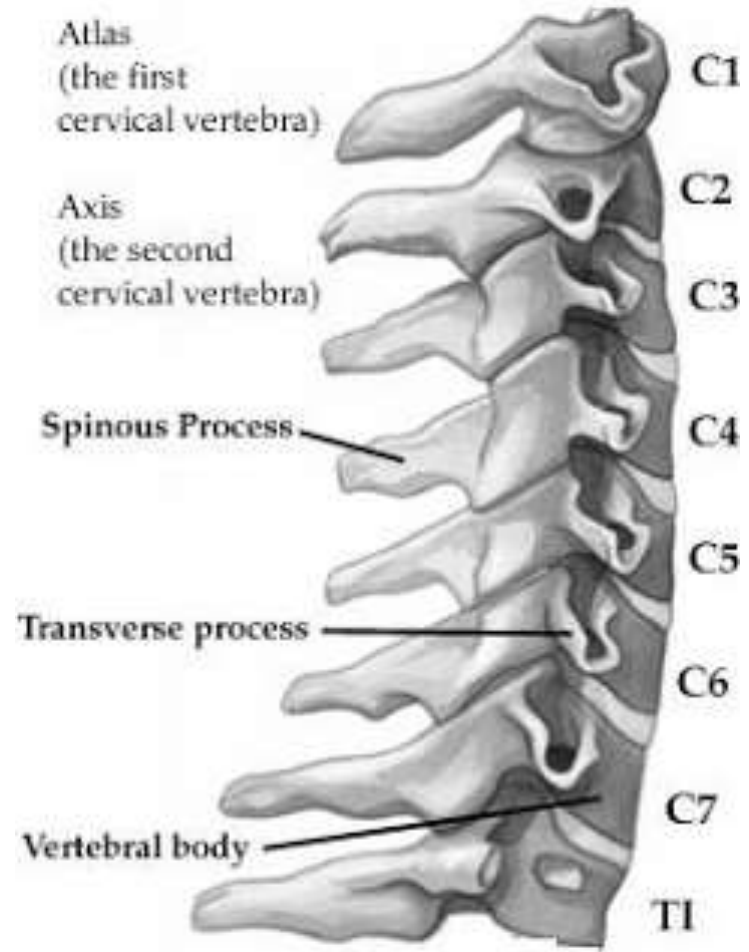
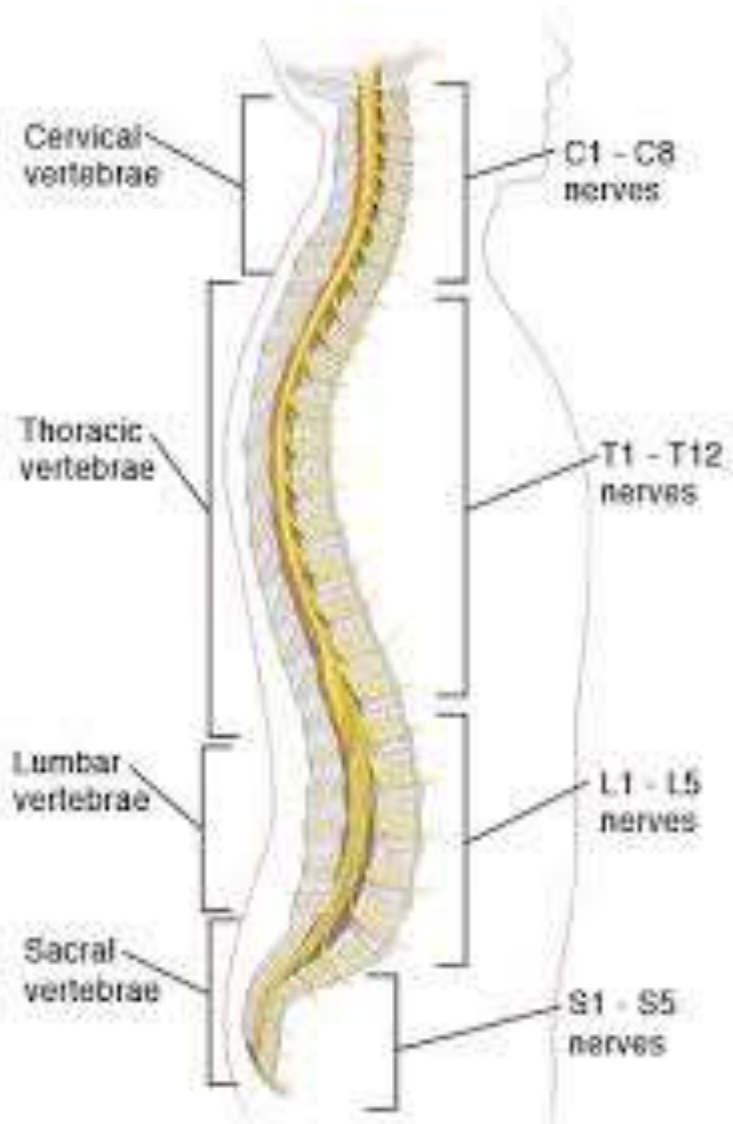
Dr. D Uma Maheswari

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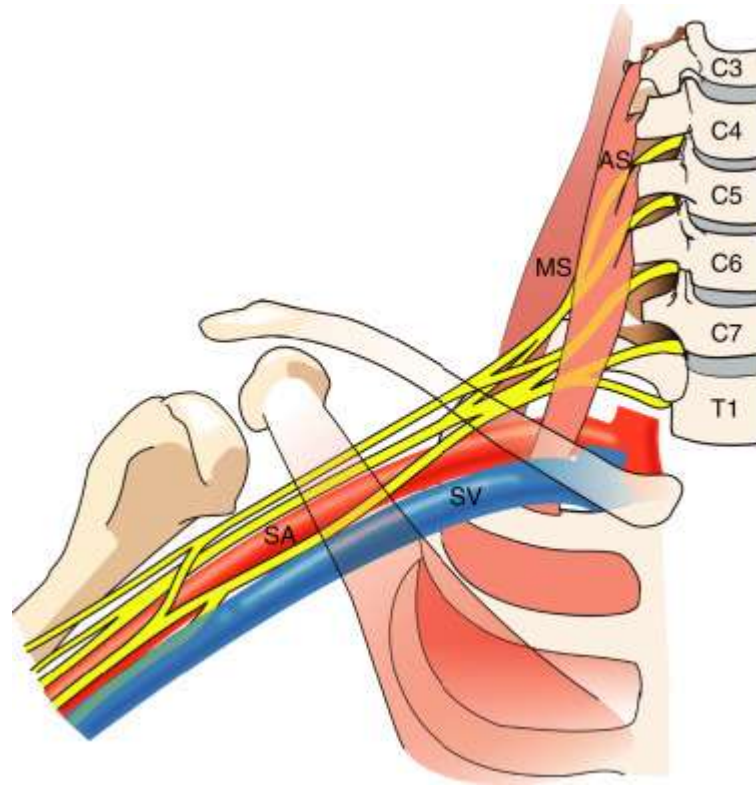
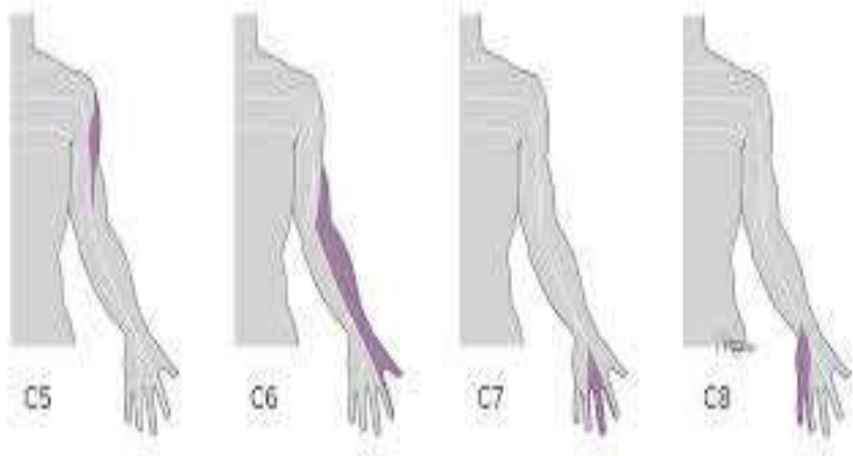
Guest Lecturer, TNPESU

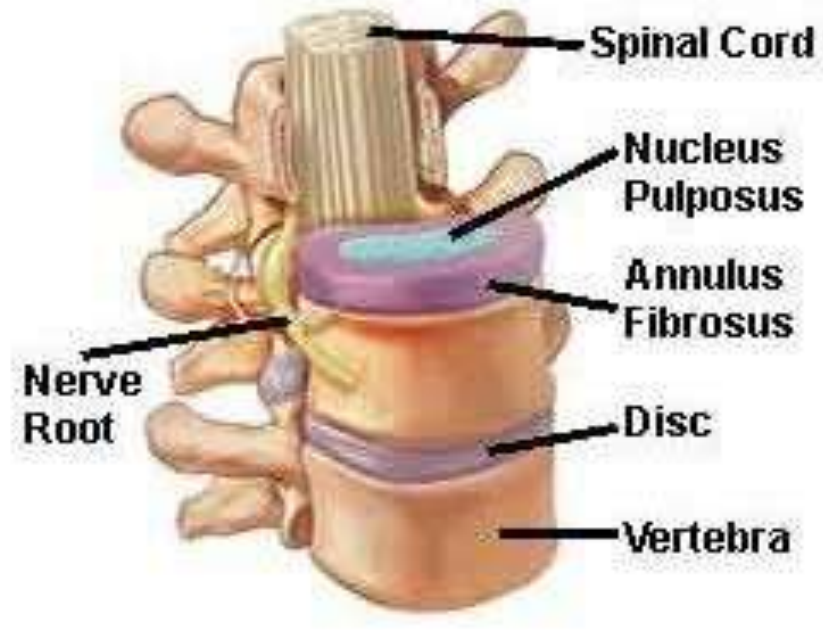
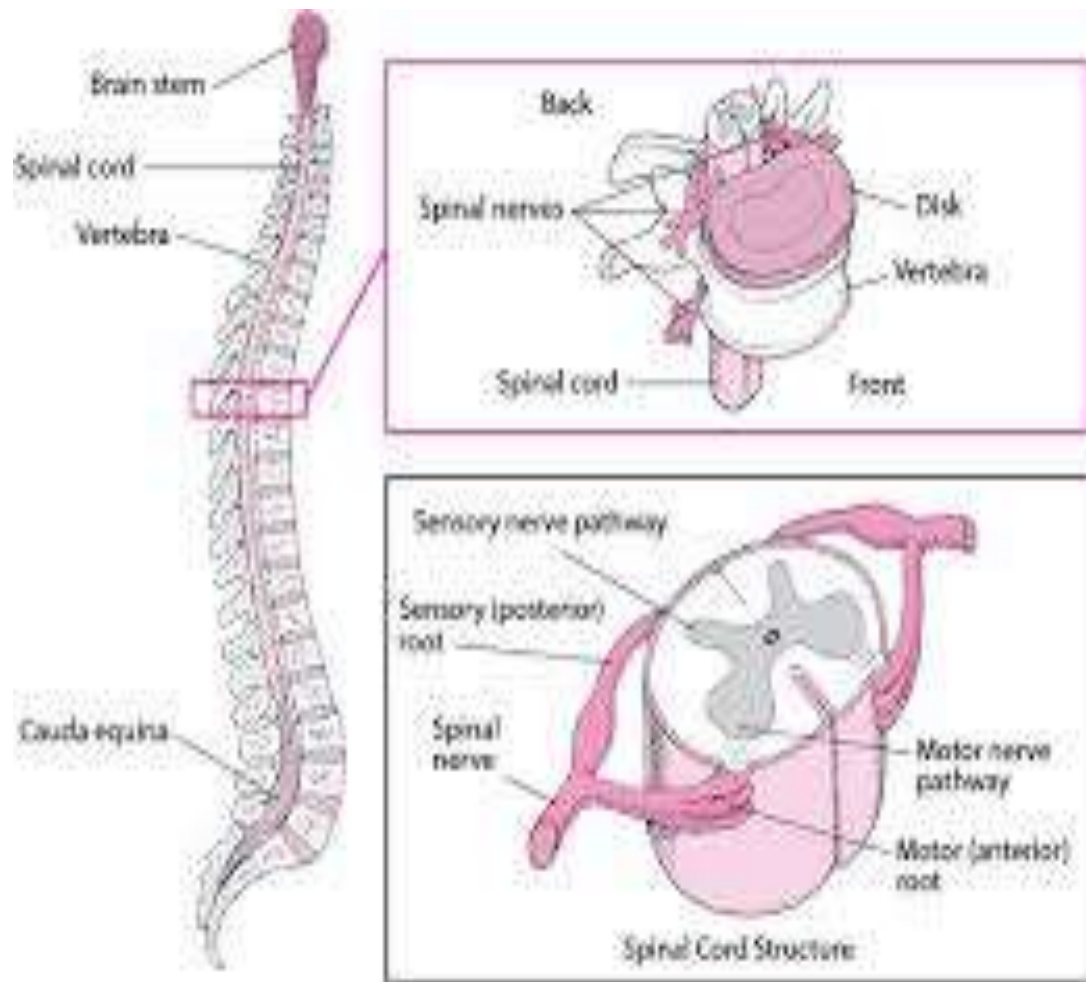
Cervical spondylosis





Cervical Nerve Connections

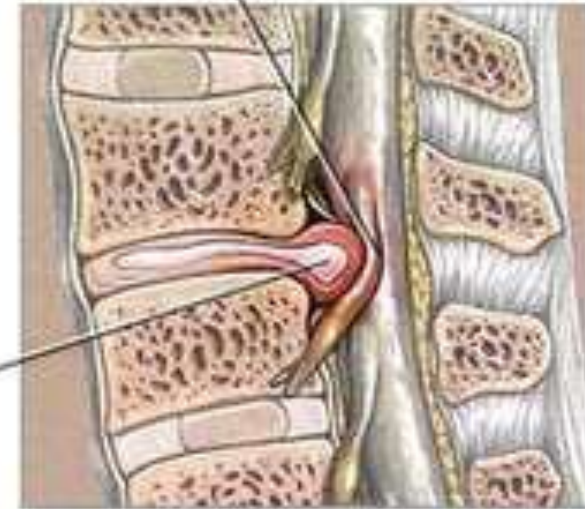




Complication in Spinal Cord

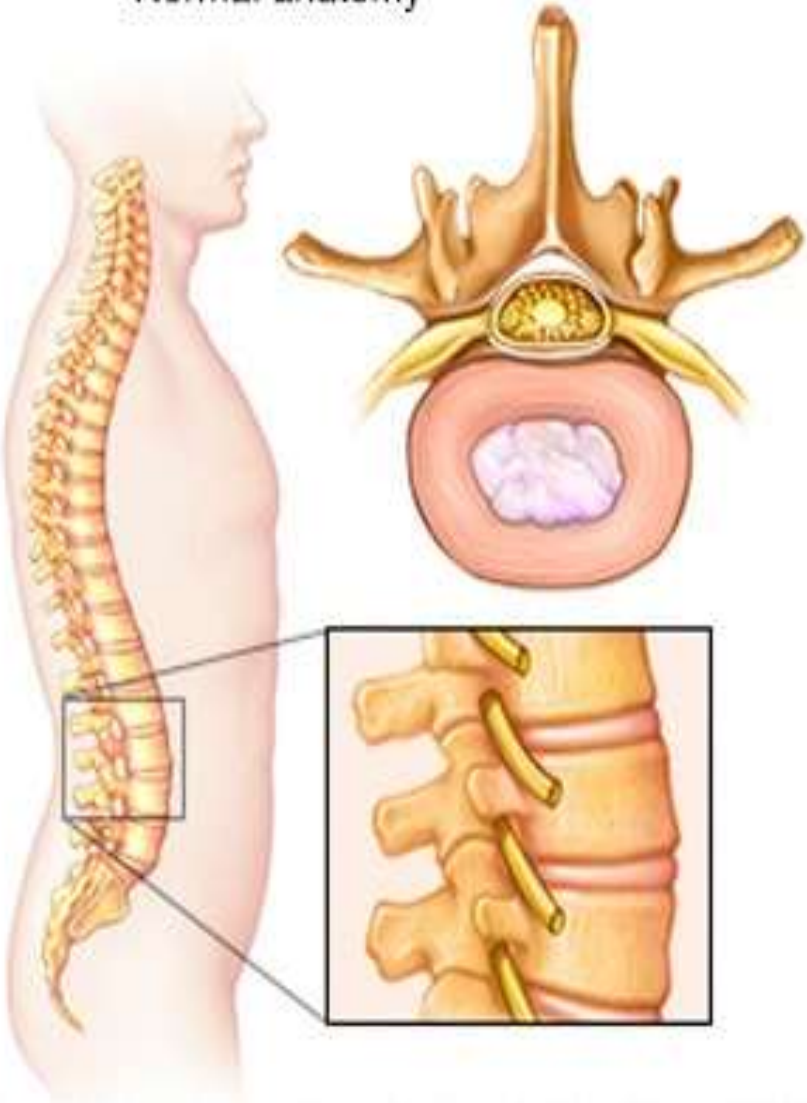


Compressed lumbar spinal nerve

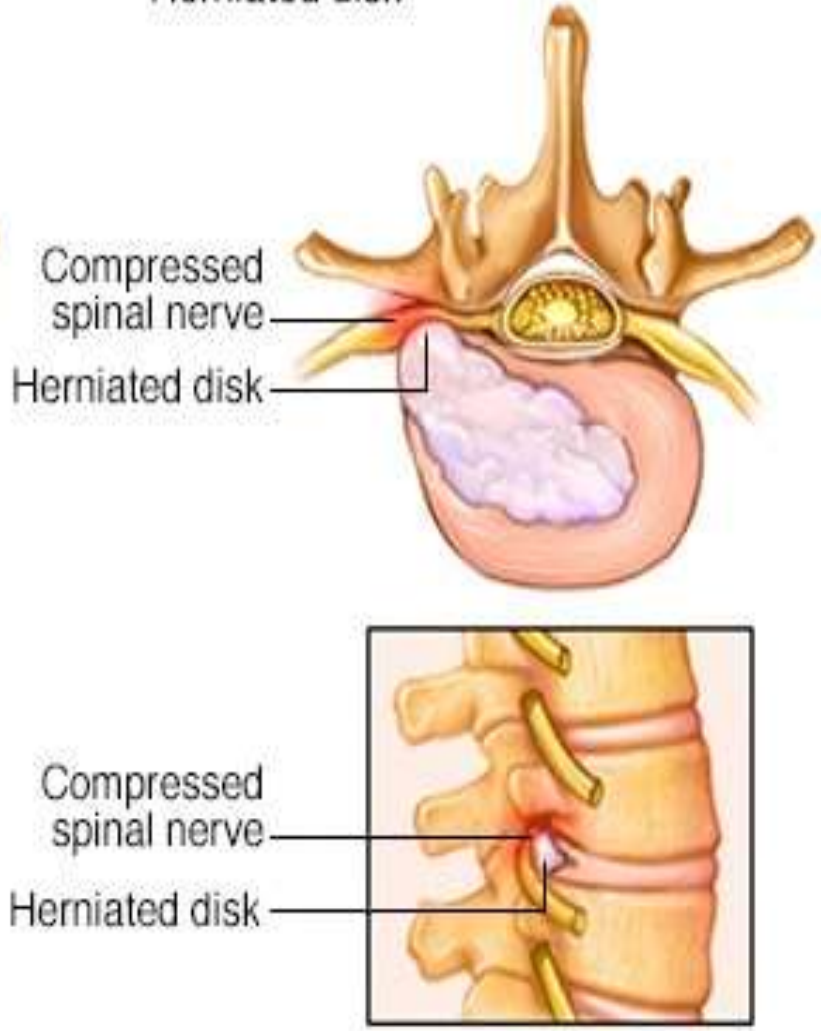


Herniated disc

Normal anatomy



Herniated disk



Causes (HETU)





Correct

Forward Head





CHECK YOUR BODY POSTURE WORKING AT DESK



POSTURE

correct

incorrect



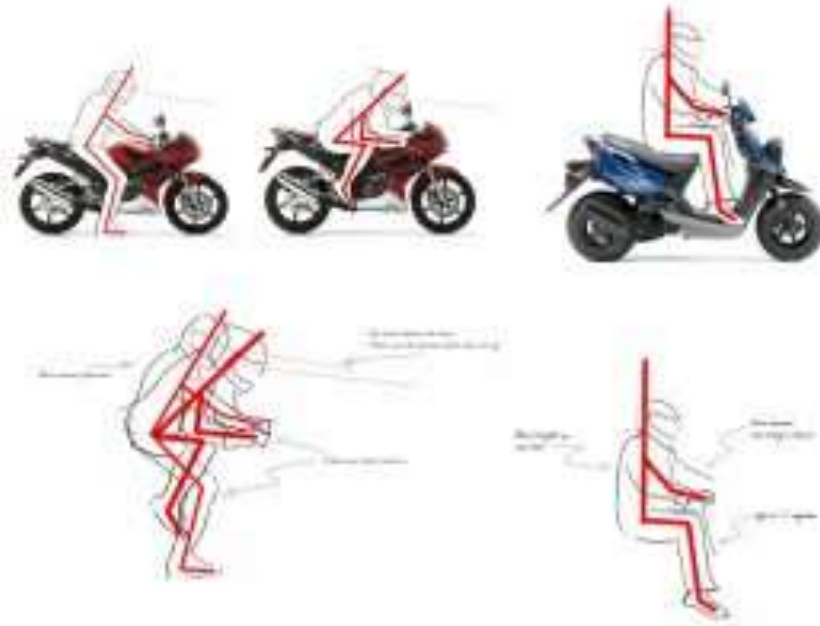
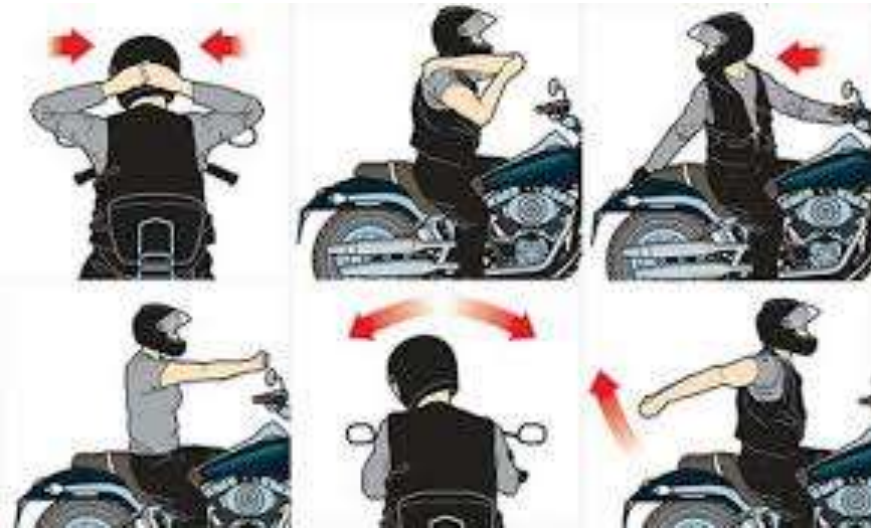
Bad Posture

Text neck can lead to serious neck injury over time

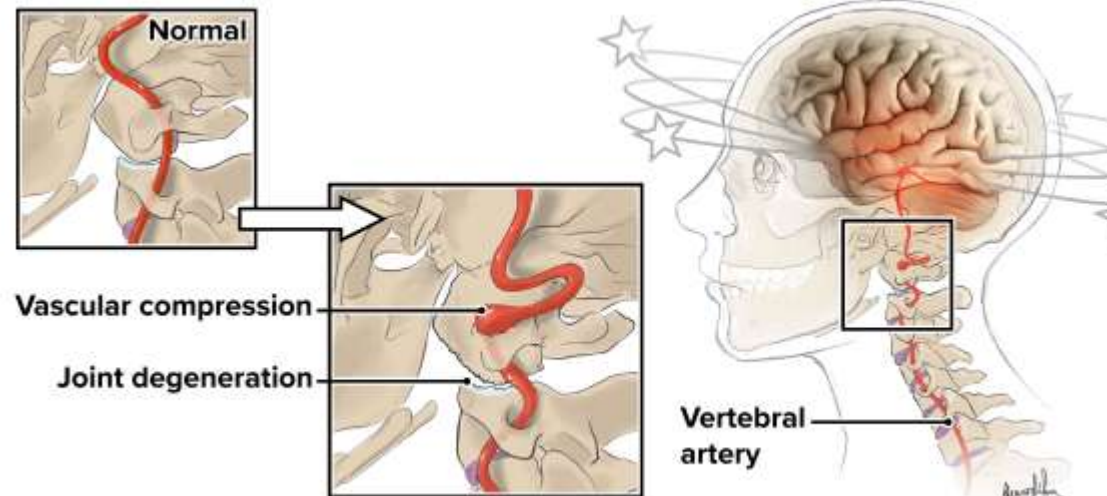
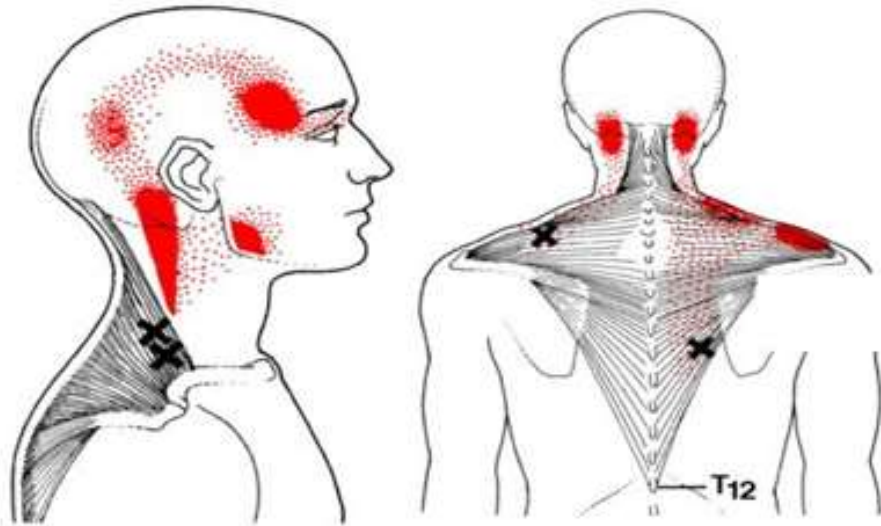
Good Posture

Flaking your chin out will force you to straighten your back

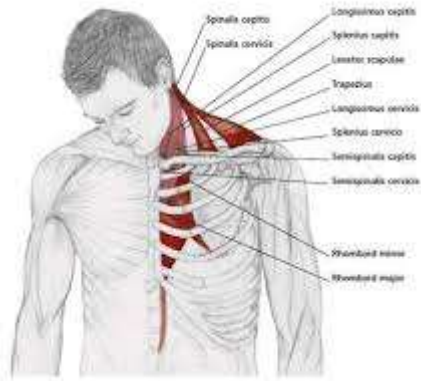
WMA ABILITY



Signs and Symptoms (Heyam)



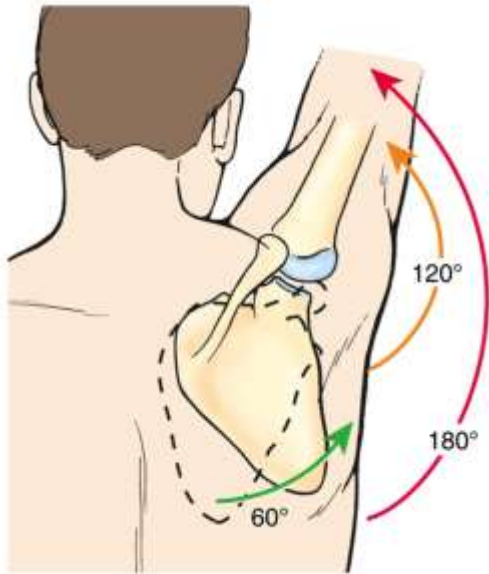
Yogic Therapy (Upayam)



A



F









Diet to Include



Top 10 Foods Highest in Omega 3 Fatty Acids

1600mg of Omega 3s = 100% of the Adequate Intake (%AI)

1 Flax Seeds



405% AI (6479mg) Omega 3s
per oz
4mg Omega 3 per 1mg Omega 6

2 Chia Seeds



316% AI (5064mg) Omega 3s
per oz (~2 tbsps)
3mg Omega 3 per 1mg Omega 6

3 Fish (Salmon)



266% AI (4252mg) Omega 3s
per 6oz fillet
4mg Omega 3 per 1mg Omega 6

4 Walnuts



161% AI (2579mg) Omega 3s
per oz
1mg Omega 3 per 4mg Omega 6

5 Firm Tofu



92% AI (1467mg) Omega 3s
per cup
1mg Omega 3 per 7mg Omega 6

6 Shellfish (Oysters)



84% AI (1346mg) Omega 3s
per 3oz serving
25mg Omega 3 per 1mg Omega 6

7 Canola Oil



80% AI (1279mg) Omega 3s
per tbsp
1mg Omega 3 per 2mg Omega 6

8 Navy Beans



20% AI (322mg) Omega 3s
per cup
1mg Omega 3 per 1mg Omega 6

9 Brussels Sprouts



17% AI (270mg) Omega 3s
per cup cooked
2mg Omega 3 per 1mg Omega 6

10 Avocados



14% AI (223mg) Omega 3s
per avocado
1mg Omega 3 per 15mg Omega 6

Food to Avoid



