



Medical Yoga Times



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How Computers Are Reshaping Our Health and Posture



Editorial by
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At our Medical Yoga Centre, we are increasingly seeing people seeking relief from issues related to excessive computer usage. With the rapid rise of digitalisation in India, this problem has grown significantly. From corporate employees to school-children attending online classes, poor posture and prolonged sitting are now nationwide concerns.

The Growing Posture Crisis

Indian studies echo these findings. Research by the All India Institute of Medical Sciences (AIIMS), New Delhi, reported nearly 65% of IT professionals in India suffer from musculoskeletal issues, particularly in the neck, shoulders, and lower back. Forward head posture (FHP) is a growing problem amongst young professionals, worsening spinal health.



Harvard Medical School suggests that over 70% of office workers experience neck and back pain, with sedentary lifestyles contributing to digestive issues. Eye strain and stress-related disorders are also on the rise.



Excessive screen exposure also triggers:

- **Computer Vision Syndrome (CVS)** – 90% of individuals using screens for over three hours daily experience eye strain, dryness, and headaches.
- **Repetitive Strain Injuries (RSI)** – Overusing keyboards and mice can cause wrist pain and carpal tunnel syndrome.
- **Circulatory Issues** – Studies from Harvard School of Public Health show prolonged sitting reduces blood circulation, increasing the risk of obesity and diabetes.
- **Mental Health Concerns** – Research from NIMHANS, Bangalore, links excessive screen

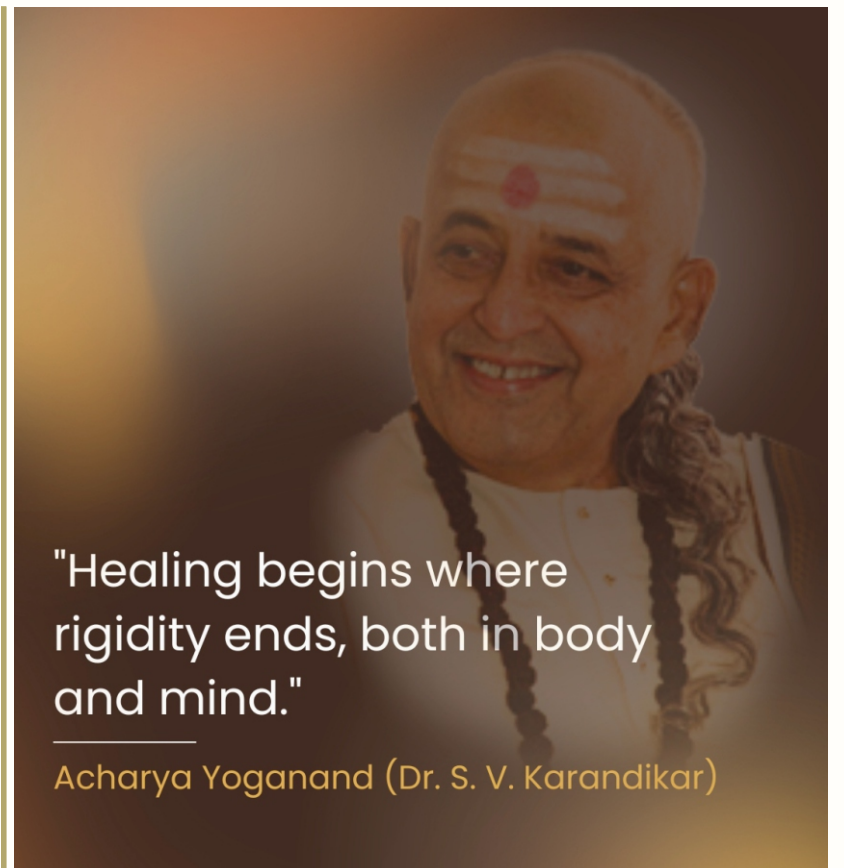
time to higher stress and anxiety, particularly in urban youth.

Can We Reverse the Damage? Yes, we can.

The solution lies in a holistic approach involving Aahar (Diet), Vihaar (Lifestyle), and Vichaar (Mindset):

- **Aahar (Diet):** Incorporate antioxidant-rich foods like a green vegetable smoothie or a salad bowl to support joint health and reduce inflammation.
- **Vihaar (Physical Activities):** Maintain proper ergonomics, keep screens at eye level, sit upright, and follow the DS 30-30 Rule (standing and stretching every 30 minutes). For more comprehensive details please watch the ergonomics course offered by Medical Yoga Centre.
- **Vichaar (Mindset):** Cultivate stress-reducing practices like Yoga Nidra and static asana practice once a week to improve mental health.

Computers are indispensable, but so is our health. Awareness, prevention, and timely action through a balanced approach of Aahar, Vihaar, and Vichaar can ensure a pain-free, productive work life.



"Healing begins where rigidity ends, both in body and mind."

Acharya Yoganand (Dr. S. V. Karandikar)



Yoga Solution for Digital Fatigue & Dry Eyes



Article by
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Are Screens Straining Your Eyes?

With rising screen-time —whether you're an IT professional, a homemaker, or a senior citizen— our eyes are taking the hit. But what if you could protect your vision with simple yoga-based solutions?

1. Screen Distance Matters!

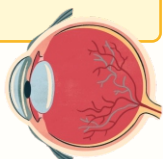
How far should your screen be?

Laptops/Mobiles: Keep at arm's length, increase font size if needed

Desktops: Two Arms' length + zoom in on the text for better readability

TVs: 10 feet away is ideal if streaming content.

The farther, the better! If you can use your TV as a laptop screen, well and good.



2. Breaks Are Your Best Friend

Do you stare at screens non-stop?

This can lead to neck stiffness, or even serious neck issues like cervical problems. Your neck muscles are much bigger than your eye muscles, so if your neck feels strained, just imagine how much strain your eyes are going through!

Take frequent breaks from work, away from screens. If it's not possible, follow the principle DS 30-30 rule.

Every 30 minutes of sitting, take a minimum 30-second break of physical body movements.

Look 20 feet away, ideally at something green or the sky. This will help in reducing chronic fatigue.

Our ancestors had "hunter's eyes" capable of spotting objects far away. Today, we only look an arm's length away, damaging our vision.



3. Do You Need Eye Lubrication?

Medical eye drops?

Use if prescribed or in medical need.

Try these natural methods:-

- Hold water in your mouth for a few seconds, then spit it out
- Hydrate well to reduce heat in the body
- Apply grated cucumber to your eyes
- Splash cold water on your eyes & face for instant freshness



4. The Blue Light Mystery — Is It Harmful?

YES! It tricks your brain into thinking it's daytime.

Tips:

- Use blue light filters on screens
- Reduce brightness
- Enable dark mode all the time
- Shift to dark mode with night vision (minus Blue Light) for better eye comfort.

5. How Can Yoga Help?

Your body renews itself constantly:

- **Red Blood Cells (RBCs):** Replaced every 120 days
- **Intestines:** Renew every 28 days
- **Eyes:** Take 4 years to regenerate

Start seeing changes in a week or 10 days' time with these practices when done regularly:

Postures that improve digestion (better digestion = better eye health)

Relaxation postures: Shavasana, Yog Nidra, Brahmari

Pranayama (breathing exercises): Brahmari for relaxation

Eye breaks: Close your eyes for a few minutes to reset vision

Consistency is key!

These will help in reducing under-eye dark circles (suggestion: also check for nutritional deficiencies), eye redness, reducing stress and chronic fatigue.

Research in the International Journal of Yoga found that Yoga Nidra improves sleep patterns, reduces stress markers, and enhances overall well-being.

6. Food for Healthy Eyes

Your diet affects your eyesight.

Try: **Green vegetable juice** (rich in Vitamin A & C)
Broccoli, ABC Juice (Apple-Beetroot-Carrot)

Eat your way to better vision!

7. Stress: The Hidden Culprit

Stress affects muscles, including eye muscles

Avoid conflicts & negativity —practice Brahmari & Shavasana to calm your mind.

A relaxed mind = healthy vision!

Chronic stress elevates cortisol levels, which can lead to vision problems like eye twitching and blurred vision. Yoga and relaxation techniques help mitigate these effects.



Say Goodbye to Wrist Pain: How to Prevent Carpal Tunnel and Mouse Arm



Article by
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We all know the feeling — after hours of typing or using the mouse, your wrist starts to ache, your fingers feel numb, and you can't focus on anything else. **Carpal Tunnel Syndrome (CTS)** and **Mouse Arm** are more than just annoying; they can seriously impact your productivity and quality of life. The good news? You don't have to suffer through it.

By making a few simple changes to your routine, you can **prevent hand and wrist strain** before it takes over. Let's dive into how you can protect yourself from these painful conditions and keep your hands feeling strong and comfortable!

What Are Carpal Tunnel Syndrome and Mouse Arm?

- Carpal Tunnel Syndrome (CTS) happens when the nerve in your wrist gets compressed from repetitive movements, causing pain, tingling, or even numbness.
- Mouse Arm refers to the strain caused by long hours of using a computer mouse improperly, often leading to discomfort in the forearm, wrist, and shoulder.

Simple Yet Powerful Tips to Prevent Wrist and Hand Strain

- **Optimize Your Workstation:** Your posture matters! Sit with your feet flat on the floor and arms at a 90-degree angle. Position your keyboard and mouse at elbow height to keep your wrists neutral and comfortable.

- Use wrist supports but **don't rest on them for too long**—they're there to cushion, not to carry the load!
- **Break Up Your Routine:** Sitting in one position for hours is asking for trouble. **Follow the 30 -30 rule**, i.e., very 30 minutes, take a 30-second break. Stretch your wrists and forearms to keep them loose.
- **Stretch and Strengthen:** Stretching is a game-changer. Simple moves like wrist flexor and extensor stretches can help keep tension at bay. Add in some strengthening exercises like squeezing a stress ball to keep muscles strong and resilient.
- **Invest in Ergonomics:** Treat your hands and wrists to **ergonomic tools** like a vertical mouse and an ergonomic keyboard. These devices help keep your hands in a more natural position, reducing strain.
- **Keep Your Wrists Neutral:** Don't let your wrists bend up or down while typing or using the mouse. A **neutral wrist position** is key to avoiding strain. The more natural the position, the less stress on your muscles.
- **Improve Your Posture:** It's not just about your wrists, your entire posture affects your hands. Sit up straight, relax your shoulders, and keep your forearms parallel to the ground. Your whole body will thank you.



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From Slouching to Strength: Simple Exercises for Computer Users at Their Workstation



Article by
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Long hours at a desk can take a toll on your posture, leading to back pain, neck stiffness, and poor circulation. However, incorporating simple exercises at your workstation can help alleviate tension, improve posture, and boost overall well-being. Here are a few easy-to-do chair yoga and standing exercises to keep you active and pain-free throughout the workday.

Chair Yoga Poses for Desk Workers

Seated Spinal Twist

- Sit up tall in your chair, feet flat on the floor.
- Place your right hand on the left armrest or knee, and gently twist to the left.
- Hold for 5 breaths and repeat on the other side.

Neck Stretch

- Sit comfortably with your spine straight.
- Tilt your right ear toward your right shoulder, feeling a stretch along the left side of your neck.
- Hold for 5 breaths and switch sides.



- **Seated Forward Fold**
- Keep your feet flat on the ground and slowly fold forward from your hips.
- Let your arms and head relax toward the floor.
- Hold for a few deep breaths and slowly rise back up

Wrist & Finger Stretch

- Extend your right arm forward, palm facing up.
- Use your left hand to gently pull back your fingers, stretching your wrist.
- Hold for 5 breaths and switch hands.



Standing Postures for Quick Breaks

Standing Backbend

- Stand up, place your hands on your lower back, and gently arch backward.
- Look up slightly and hold for 5 breaths.

Chair-Assisted Squats

- Stand in front of your chair and slowly lower yourself as if sitting.
- Just before touching the seat, rise back up. Repeat 10 times.

Calf Raises

- Stand tall, lift your heels, and rise onto your toes.
- Hold briefly, then lower down. Repeat 10 times.

Wall Shoulder Stretch

- Stand facing a wall, place both hands on it at shoulder height.
- Step back slightly and push your hips away from the wall to stretch the shoulders.

By taking just a few minutes each day for these simple exercises, you can prevent stiffness, improve posture, and enhance your energy levels at work. Small movements make a big difference, so, take a deep breath and stretch, to reset your body.



Breathing Right: How to Undo Stress and Shallow Breathing, at Your Desk



Article by
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In today's fast-paced work environment, stress and shallow breathing have become commonplace, especially for those who spend long hours seated at a desk. The good news is that simple breathing techniques can help alleviate stress, improve focus, and enhance overall well-being. Let us explore how to breathe correctly and implement effective breathing exercises that you can practise at your desk.

Understanding Shallow Breathing: Shallow breathing, or chest breathing, occurs when a person breathes rapidly and only uses the upper part of their lungs. This type of breathing is often a response to stress, leading to a cycle of anxiety and physical tension. It can cause decreased oxygen intake, heightened feelings of fatigue, and increased muscle tension.

The Importance of Deep Breathing: Deep breathing, on the other hand, engages the diaphragm, allowing for fuller lung expansion and greater oxygen flow. This not only helps reduce stress but also promotes relaxation and enhances mental clarity. When you take deep breaths, your body activates the parasympathetic nervous system, which is responsible for your relaxation response. So, make sure that you concentrate on nasal breathing. This helps shift the nervous system into a more parasympathetic state, i.e., "rest and digest" rather than "flight or fight", during the rest condition.

Techniques

The 4-7-8 breathing technique/pranayama yoga breathing:

- Sit comfortably with your back straight.
- Inhale through your nose for a count of 4.
- Hold your breath for a count of 7.
- Exhale slowly for a count of 8.
- Repeat this cycle four times.



Diaphragmatic Breathing:

- Place one hand on your chest and the other on your abdomen.
- Breathe in deeply through your nose, focusing on expanding your diaphragm so that your abdomen rises (avoid lifting your chest).
- Exhale slowly through your mouth, feeling your abdomen fall.
- Practise this for several minutes, aiming to lengthen your exhales.

Box Breathing/Sama Vritti Pranayama:

- Inhale through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale through your mouth for a count of 4.
- Hold your breath again for a count of 4.
- Repeat this cycle until you feel calm and centred.



Thoughtful Breathing:

- Close your eyes or lower your gaze.
- Focus your attention on your breath—notice the sensation of air entering and leaving your body.
- If your mind wanders, gently bring your focus back to your breath.
- Practise for 5-10 minutes, allowing your mind to settle.
- Incorporating breathing exercises into your workday.
- Set reminders: Use your computer or phone to set reminders every hour to take a few minutes for deep breathing.
- Create a calm space: Designate a specific area at your workspace where you can practise breathing exercises without distractions, if this is possible.
- Combine with movement: Incorporate gentle stretches or yoga poses in between your breathing exercises to further relieve tension.
- Practise regularly: The more consistently you practise deep breathing, the more natural it will become, turning it into a useful tool for managing stress.

Breathing right is an essential skill that can greatly enhance your quality of life, especially in a stressful work environment. By integrating deep breathing techniques into your daily routine, you can effectively reduce stress, increase focus, and promote a greater sense of well-being. Remember that small, consistent changes can lead to significant improvements in how you feel both mentally and physically.



Text Neck Syndrome: The Hidden Cost of Screen Time



Article by
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Do you often massage your neck, after having been on your phone or laptop for hours? That discomfort may not be just a minor strain — it could be Text Neck Syndrome (TNS).

What is Text Neck Syndrome (“TNS”)?

TNS is a modern health issue caused by prolonged forward bending of the neck while using digital devices. The average human head weighs about 5 kg, but when tilted at a 45-degree angle, it exerts nearly 22 kg of force on the neck. This repeated stress leads to stiffness, pain, and, in severe cases, long-term spinal problems.



Alarming Facts About TNS

- Studies show that an average person spends **4-5 hours daily** on their phone, leading to nearly **1,400 hours of excess stress on the neck per year**.
- The number of people experiencing neck pain has **increased by 60%** in the last decade due to prolonged screen time.
- Research links prolonged neck flexion to chronic musculoskeletal disorders.

Signs You Might Have TNS

- Frequent neck pain or stiffness
- Shoulder tightness
- Reduced range of motion
- Headaches that start at the base of the skull
- Numbness or tingling in the arms

How to Prevent and Fix TNS

Keep Your Screen at Eye Level

Avoid tilting your head forward. Your monitor's bottom edge should be at or slightly above eye level.

Take Regular Breaks

Follow the **DS 30-30 rule**—take a 30-second break every 30 minutes to reduce neck strain.

Strengthen the Neck and Shoulders

- Simple exercises can help:
- Chin Tucks** – Pull chin slightly backward to align the spine.
 - Neck Tilts** – Tilt head side to side, holding for 10 seconds.
 - Shoulder Rolls** – Roll shoulders up, back, and down slowly.

Improve Posture

Sitting upright with shoulders relaxed and back straight or infact 100-110 degree prevents unnecessary strain.

Use Voice Commands and Hands-Free Devices

Reducing the need to look down at a screen by using **voice-to-text features** or **hands-free calling** can significantly reduce neck strain.

The increasing reliance on digital devices makes Text Neck Syndrome a growing concern. However, small changes in posture, frequent breaks, and simple exercises can prevent long-term discomfort. Technology is here to stay, but so is the need for maintaining spinal health.



Decoding The Patanjali Yog Sutras

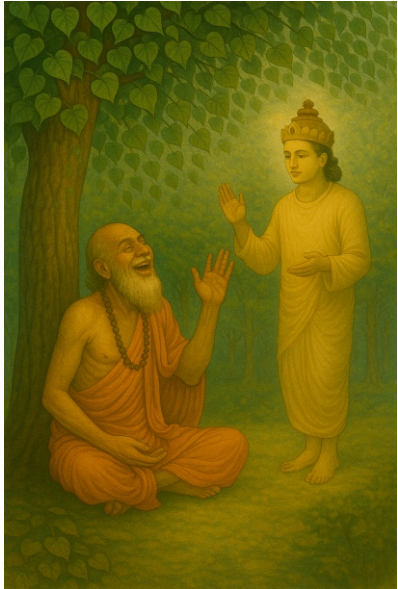


Article by
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There is a story of a sadhaka who became ecstatic when told by God that it would take him as many births as there are leaves on a tree to attain Moksha. "Just so few!" he exclaimed in joy. This story beautifully illustrates the depth of the Yogic journey, a concept reinforced by Sage Patanjali in his first sutra: 'Atha Yoganushasanam' — "Now the auspicious discipline of the established institution of Yoga begins."

The word 'Atha' is considered sacred and is traditionally used at the beginning of revered texts, such as 'Atha Shri Mahabharata Katha' and 'Atha Shri Ganpati Atharvashirsha.' More than just an auspicious marker, Patanjali's use of 'Atha' signifies that the sadhaka embarking on this journey has already undergone essential preliminary steps and is "now" truly ready. This is akin to a student preparing for academic study


— arranging books, donning proper attire, and setting the stage for learning. Just as these preparations are indispensable for effective study, so too is the groundwork before delving into Yoga. This is the deeper significance of 'Atha' in Patanjali's sutra.




Moving further, we encounter the compound word 'Yoganushasanam,' composed of 'Yog' and 'Anushasana.' To grasp its significance, one must recognise that the Yogic system predates Sage Patanjali. He was not its founder but its expounder, revered for distilling pre-existing Yogic wisdom into the concise and systematic sutras we know today. Since the discipline of Yoga already existed before him, he chose the word 'Anushasanam,' which conveys the idea of an established tradition being systematically presented rather than something newly created.

Even in the modern age, Patanjali's first sutra remains relevant, demanding rigorous practice yet promising Kaivalya—ultimate liberation—to the sincere seeker. The seasons may change, leaves may wither and fall, but the fruits of dedication will inevitably appear at the journey's end.




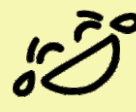


SPIRITUAL HUMOUR




I TRIED TO REACH ENLIGHTENMENT... BUT I FELL ASLEEP IN SAVASANA.






“YOGA TEACHES NON-ATTACHMENT... BUT I STILL CLING TO MY YOGA MAT LIKE IT’S MY SOULMATE.”



I BEND SO I DON’T BREAK — BUT MOSTLY TO FIND MY PHONE UNDER THE COUCH



“TRIED A SILENT RETREAT. REALIZED THE LOUDEST VOICE WAS MY OWN INNER MONOLOGUE.”

Recipes for Focus and Energy



Recipes by
Dr. Pankaj Chansarkar
dr@doctopankaj.com

Brain-Boosting Smoothie for Focus and Energy

A nutrient-packed smoothie designed to enhance mental clarity, reduce stress, and sustain focus throughout the day.

Key Benefits

- Walnuts** – Rich in omega-3s for brain function & memory.
- Berries** – Loaded with antioxidants to fight oxidative stress.
- Ashwagandha** – Adaptogenic herb to reduce stress & improve focus.
- Chia Seeds** – Provide sustained energy and extra fiber.

- Cinnamon** – Supports blood sugar balance & circulation.



Ingredients (1 Serving)

- 5 walnuts (soaked overnight for better digestion)
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 1 cup almond milk (or coconut milk for extra healthy fats)
- ½ tsp ashwagandha powder
- 1 tbsp chia seeds (extra fiber & omega-3s)
- ½ tsp cinnamon
- 1 tsp raw honey or stevia (optional, for natural sweetness)



Instructions

- Blend all ingredients together until smooth.

- Pour into a glass and enjoy immediately.
- Garnish with crushed walnuts and extra berries if desired.

Best Time to Drink: Morning or mid-afternoon for sustained focus and energy.

Brain-Boosting Walnut & Berry Energy Bites with Ashwagandha

These no-bake energy bites are packed with omega-3-rich walnuts, antioxidant-loaded berries, and stress-relieving ashwagandha, making them perfect for mental clarity, sustained focus, and stress reduction.

Key Benefits

- Walnuts** – High in omega-3s, essential for brain function & memory.
- Berries** – Rich in antioxidants, protecting brain cells from oxidative stress.
- Ashwagandha** – A potent adaptogen that reduces stress & enhances cognitive function.



- Almonds & Chia Seeds** – Provide sustained energy & healthy fats.
- Dates** – Natural sweetness and a quick energy boost.

Ingredients (Makes 10-12 Bites)

- 1 cup walnuts (lightly toasted & ground)
- ½ cup mixed dried berries (cranberries, goji berries, or blueberries)
- ½ cup almonds (ground)
- 1 tbsp chia seeds
- ½ tsp ashwagandha powder
- 4-5 soft dates (pitted)
- ½ tsp cinnamon (for blood sugar balance & circulation)
- 1 tbsp coconut oil (for binding & extra healthy fats)
- 1 tsp vanilla extract (optional)



Instructions

- Blend walnuts, almonds, and chia seeds into a fine powder.
- Add dried berries, dates, ashwagandha, cinnamon, and coconut oil. Blend until the mixture is sticky and well combined.
- Shape into small bite-sized balls.
- Refrigerate for 30 minutes to firm up.
- Enjoy as a brain-boosting snack any time of the day!

Best Time to Eat:

Morning – For a focused start to the day.
Mid-afternoon – To avoid brain fog and maintain energy levels



Erratum: In the article titled 'Preventing Runner's Knee' published in the 6th edition of Medical Yoga Times, the author was incorrectly listed. The author of the article is Rashmi Kedia. We apologise for this error.

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chondromalacia patella	lumbago	biceps tendinitis	fibromyalgia	piriformis syndrome	syndrome
ligament sprain	hip pain	rhomboid pain	diabetes	meniscus tear	COPD
lumbago	groin pain	frozen shoulder	thyroidism	paraplegia	asthma
general lower back pain	cramps	cervical hump	heel pain	frequent ankle	migraine
osteoarthritis grades 1 & 2	cervical sponylosis	rounded shoulders	hamstring pull	twisting	sciatica (all types)
rheumatic arthritis	weakness of arm	kyphotic spine	golfer's elbow	stress management	cardiac issues

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- Marshall McLuhan

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Anuradha Verma	Delhi	Dr Neha Jainer	Greater Noida	Shivali Shukla	Hyderabad
Ekta Bhasin	Delhi	Gyan Thakur	Gurugram	Chandan Parimal Mahajani	Hyderabad
Manika Sachdeva	Delhi	Shruti yadav	Gurugram	Ashish Alwani	Jaipur
Mayank Chauhan	Delhi	Shani Dayal	Gurugram	Rajat Thakur	Manali
Dr. Meeta Sharma	Delhi	Ruby Thakur	Gurugram	Megha Bisht	Uttarakhand
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Medical Yoga Cells

Content Cell:

Members curate relevant informational content needed for MYC community development.

Coordinator:

Coordinating between various MYC cells.

Social Media Cell:

Responsible for placing content in various social media profiles, and for all design work pertaining to the content of these profiles.

Newspaper Cell:

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Members responsible for the MYC Community Newspaper.

Referral Portal:

Monica Bang and Harsh Ajmera have designed therapists' referral platform (which is the global network of MYC therapists).

Case Study Support Cell:

Members guide therapists to design medical yoga sequences for their patient(s).

Prop Shop:

Nitisha Rajpal, has designed the online platform for timely props delivery to all therapists and patients for their treatment.

Alumni Administration Cell:

Members helping in all administrative and managerial work for Continuing Professional Development meets, and various other MYC activities.

Medical Yoga Festival:

Members coordinate all organisational and structural matters Medical yoga festival.

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