

A CASE OF DRAMATIC IMPROVEMENT OF A PATIENT WITH EATING DISORDER, PANIC DISORDER AND BREAST CANCER THROUGH CORRECTION OF THE BUDDHI/INTELLECT THROUGH YOGA THERAPY

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Introduction

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- This is a discussion on the utility of yoga therapy, taking up a case study of a woman who had intercurrent eating disorder, depression, drug overdose, alcohol dependence, and panic disorder. After her symptoms began to improve with yoga therapy, she went on to become stronger spiritually when diagnosed with breast cancer, and overcame all of her symptoms.
- This client has given verbal permission to present her case study here.

Yogic Concept of Disease

Cited by the lecture of Dr. Manjunath in 2007, the conference of JYTS

- ▶ VYADHI (disease)
 - ANADHIJAVYADHI (not caused by ADHI, ignorance)
(infectious and contagious disease)
 - ADHIJAVYADHI (caused by ADHI, **ignorance**)
(psychosomatic ailments)
 - “**Ignorance**” is an illusion or misapprehension of things that are transient as being eternal.
 - VIJNANAMAYA KOSHA
 - **Misapprehension, attachment, and distorted recognition lead to emotional and mental disturbances.**
 - ANANDAMAYA, VIJNANAMAYA and MANOMAYA KOSHA
 - **These disturbances dysregulate breathing and physical states. When it become chronic, psychosomatic disorders will occur.**
 - PRANAMAYA and ANNAMAYA KOSHA

Treatment/Instruction Theory after Yoga Therapy Assessment

Annamaya Kosha⇒ (Food Sheath)	Yoga Therapy Assessment	⇒ Asana, Pranayama
Pranamaya Kosha⇒ (Vital Sheath)		⇒ Asana, Pranayama
Manomaya Kosha ⇒ (Mind Sheath)		⇒ Pratyahara, Mindful Observation
Vijnanamaya Kosha ⇒ (Intellect Sheath)		⇒ Meditation, Darshana, Education for Buddhi
Anandamaya Kosha⇒ (Bliss Sheath)		⇒ Meditation, Darshana, Education for Buddhi

Yoga Therapy Group at Kurokawa Internal Medicine Clinic

- ❑ A 1-hour asana-centered group class offered 4 times every week.
- ❑ A 1-hour study group on theory, pranayama, and meditation held once every week.
- ❑ Yoga therapy instruction offered in private sessions.
- ❑ The buddhi (intellect) is addressed in both private and group yoga therapy darshana.

Advisory Instruction during Asana-centered Yoga Therapy Instruction (YTI) Model, 1

- Observe (be aware of) stimulation to the musculoskeletal system and the reactions to it.
- Observe the phenomena of change happening every moment (same as mindfulness up to this point)
- Explanation of physiological effects
- Between asanas, speak about impermanence of all things (blood circulation and breathing are always changing)
- Observe the phenomenon of thoughts jumping from past, future, and other locations. Speak about how the future is a product of imagination, the past is only an image based on memory, and that all of them are illusions.
- In order to return to the here and now, discern between reality and illusion by observing information perceived by the 5 senses.

Advisory Instruction during Asana-centered Yoga Therapy Instruction (YTI) Model, 2

- Talk about **the meaninglessness of being attached to impermanent results**
- Talk about **how attachment creates suffering**
- Talk about the 5 kleshas as defined in yoga (ignorance, sense of self, attachment, aversion, desire for life)
- Talk about **the necessity of “doing what I can here and now”** as a way to achieve non-attachment.
- Talk about **individual limitations**, that there is a power greater than the individual, and being humble in light of this **higher power**.
- Talk about the fact that one's body and consciousness are manifestations of universal energy.
- Talk about the goal as the realization of perfect physical, psychological, social and spiritual health, and **self control as one who is in harmony**
- Talk about other topics that are appropriate for the participants' current condition

Case Study Client F

【Practitioner】 Female, age 39 (at the time of starting yoga therapy in June of Year X), 151 cm, Housewife.

【Main Complaints】 Depression, overeating, lack of appetite, problems with spouse

【Diagnoses】 November of year X-3 (age 36) eating disorder, depression

【Health history】 nothing in particular

【Present Family】 F 39, Husband 41, daughter 10, son 4

【Background】 Father 65 very strict. Mother 65 hysteria,. Older brother 43, F 39. When F was in 6th grade, her grandfather committed suicide (drank poison). Developed distrust of men through her interactions with her father and grandfather.

Current medical history and events leading to breast cancer (I)

- Bulimia nervosa began at age 17
- After marrying at age 27, her condition was ok for a while
- In Nov Year X-9 (age 30), she began to feel depressed due to tense relations with in-laws and her husband's brother and wife. Visited our clinic for first examination
- She was prescribed medication (paroxetine, clomipramine, cloxazolam, flunitrazepam) and also received counseling from a different counselor
- First SDS=60. No significant irregularities in biological tests.
- A few months after the first examination, in January Year X-8 (age 30), she began overeating and increased alcohol consumption
- June Year X-8 (age 31) after overdosing, she was hospitalized in a psychiatric hospital.

Current medical history and process up to breast cancer (2)

- Six years later, in Nov X-3 (age 36), her main doctor retired from the psychiatric hospital, and she returned to our clinic for an examination
- The examination showed no changes in symptoms from her examination 6 years prior.
- Before her examination, F's parent's business went bankrupt. Her relationship with her husband began to deteriorate after her husband's parents assumed the debt for their house that had been put up for auction.
- For 3 years after that, no changes in symptoms or marital relationship
- June Year X (age 39), at F's request, she began participating in my yoga therapy group.
- She also took medication (SNRI milnacipran, SSRI sertraline, alprazolam, flunitrazepam)

Current medical history and process up to breast cancer (3)

- After that up to Aug Year X+2 (age 41), she participated in group asana classes more than 50 times, had 24 private yoga therapy darshana sessions, and from Feb of year X+2 she participated in 5 study group sessions of theory and meditation.
- During that time, she developed panic disorder complications from conflicts with her brother's wife.
- After that, with her continued yoga therapy at Kurokawa Clinic, mindfulness practice, and study groups on Adlerian Psychology and meditation, her condition improved as did her everyday life.
- In year X+4 (age 43) she attended JYTS 's Yoga Instructor Course (YIC), followed by a yoga therapist course (YTIC), and went for intensive *naikan therapy*.
- In January Year X+6 (age 45), she developed breast cancer and terminated her YTIC studies.

Pancha Kosha Assessment, June Year X (age 39)

- Annamaya kosha: excessive eating, vomiting, depressed condition, very tense
- Pranamaya kosha: shallow breathing from severe tension
- Manomaya kosha: excessive interest in the activities of her husband, parents, and in-laws. Illusions about the future.
- Vijnanamaya kosha: Attachment to the idea of having a close knit family. Wanting to be the center of attention. Anxiety about being disliked by her in-laws because they do not give her that attention.
- Anandamaya kosha: memories of being the center of attention as a child at home

June Year X Instruction Plan

- Annamaya and Pranamaya koshas: release of tension through asana and pranayama in group yoga therapy classes, experiencing physical and mental relaxation
- Manomaya kosha: training to be aware of the here and now in the group yoga therapy classes
- Vijnanamaya kosha: Lectures during yoga therapy group classes, addressing strong preferences/attachment during yoga therapy darshana, and formulating alternatives
- Anandamaya kosha: searching for and generalization of positive memories from childhood

YOGA THERAPY ASSESSMENT AND OBSERVATIONS

MAY YEAR X+2 (AGE 41)

- ✘ Annamaya and Pranamaya koshas: with asana and pranayama, she was able to **relax body and mind, symptoms became lighter**
- ✘ Manomaya kosha: with awareness training, she learned to **return her manas to the here and now, and became more stable**
- ✘ Vijnanamaya kosha: With yoga therapy darshana and buddhi education, she became **aware of the self-centered distortion of her buddhi**, and was able to change her buddhi to think, **“I will treat others with care”**, and had spiritual growth and became able to exercise self-control with her family and in other social settings.
- ✘ Anandamaya: Recollection of spiritual experiences as a child

Process after breast cancer diagnosis

- ▶ Jan Year X+6 (age 44) breast cancer exam and cytoscreening
- ▶ Feb Year X+6 mammotome biopsy
- ▶ March Year X+6 **breast cancer diagnosis**
- ▶ April Year X+6 partial breast removal and reconstruction surgery
- ▶ May Year X+6 began radiation and hormone therapy (medicine and injection into abdomen), resumed YTIC studies

Manomaya and Vijnanamaya kosha confusion due to breast cancer

- ▶ After getting breast cancer, she had illusions about death, relapse, metastasis and treatment as a result of distortions in the buddhi, and she had strong anxiety, fear and feelings of depression as attachment to life and aversion to her illness increased.
- ▶ In darshana during this period, she reacted strongly to every word, and her manas and buddhi become more unstable.
- ▶ Awareness of physical sensations made illusions about pain, relapse and metastasis worse, and led to more instability of the manas and buddhi.

Addressing the Annamaya and Pranamaya Koshas

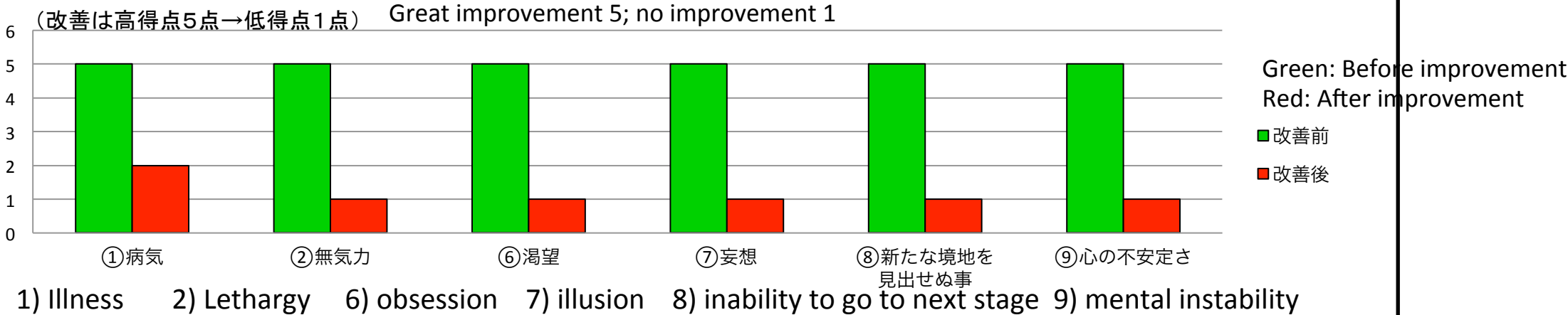
- ▶ Doing isometric breathing, isometric asana, and nadhi shuddhi to address post-operation pain and impaired motor functions, there was improvement in her motor functions and pain subsided.
- ▶ However, awareness of physical sensations easily led to increased fear and anxiety regarding metastasis and relapse.

Meditation for the confusion in the vijnanamaya kosha

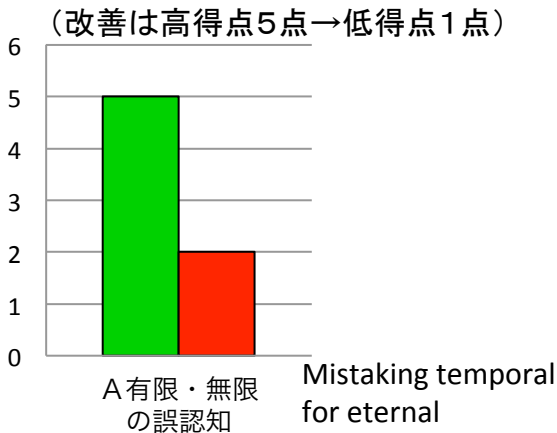
- ▶ While doing *shinkan* meditation (comparable to mindfulness) in a natural environment, she experienced oneness with nature.
- ▶ As a result of doing Vedic meditation on the theme of “All that which is not-eternal self changes and eventually comes to an end. The eternal being is one,” she realized the temporal nature of her life and experienced oneness with something larger, and experienced being always protected.
- ▶ By understanding that all life must come to an end and that seeking pleasure doesn't support life, all her drinking, overeating and vomiting stopped.
- ▶ By really understanding Adlerian psychology's contribution to community welfare and karma yoga's detached action, she decided to work as a yoga therapist for cancer patients.
- ▶ From this experience, the meaning she attached to her life and her perspectives on life and death changed. She came to feel gratitude and a sense of well-being. She also stopped all medication and drinking.

Changes in SSIM: before and after breast cancer diagnosis

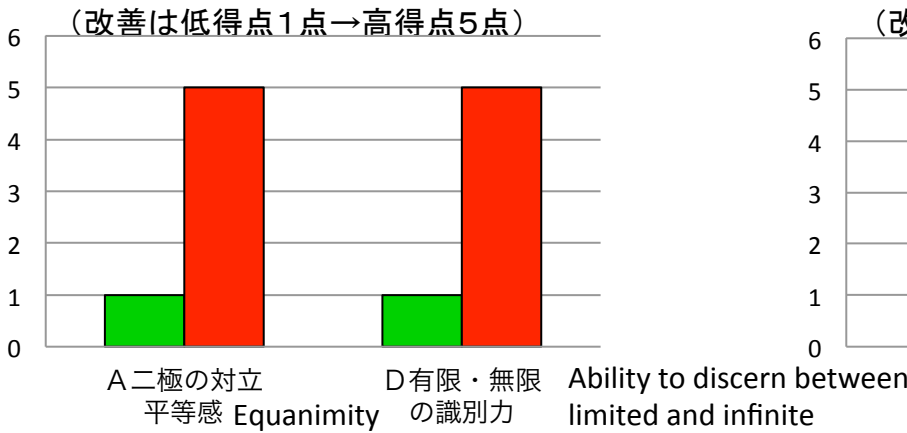
SSIM-YSSA



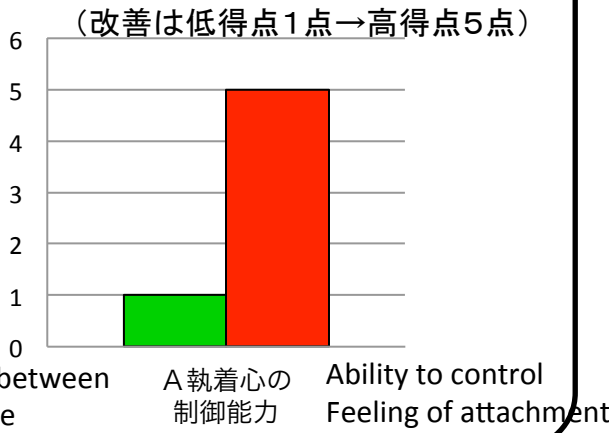
SSIM-YSAM



SSIM-BGAK

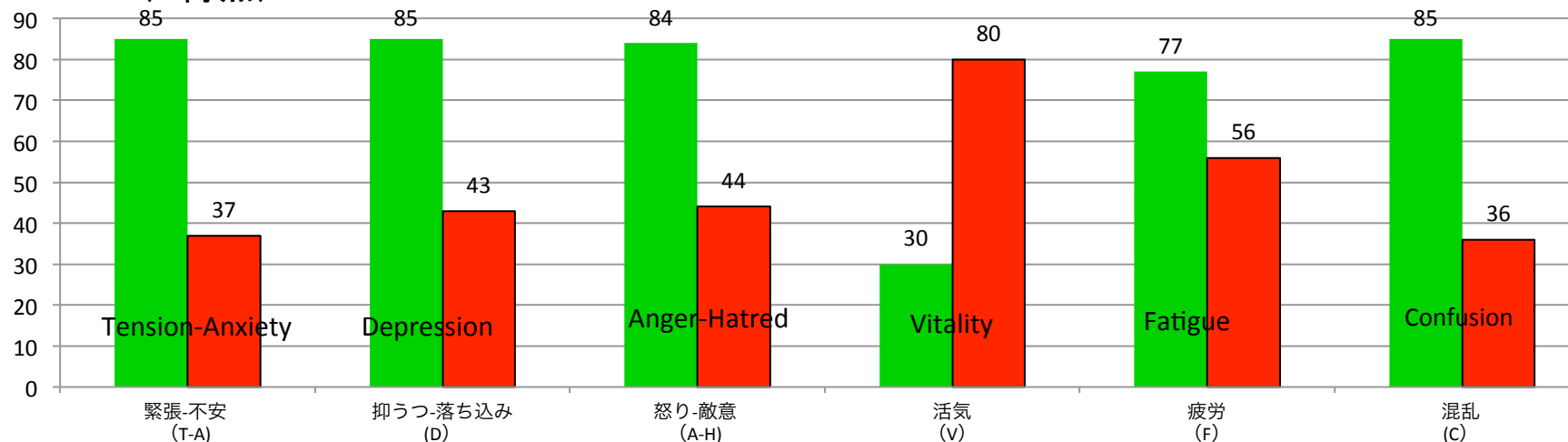


SSIM-AS

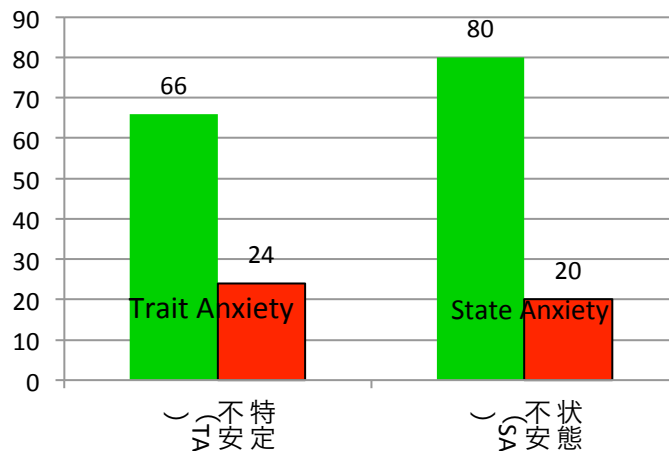


12 Psychological Data Results

POMS (T得点)



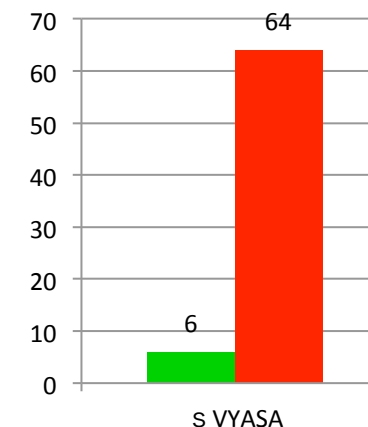
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sVYASA

自己判定表

sVYASA
Self-administered health test



In her own words...regarding her current condition

I found quietude
in my heart.

I know now that
mental stability is
possible

My own cognitive
mistakes created
my cancer.

My anxiety and
fear is gone, and I
feel calm



I will die someday, so I will live every day to the fullest!

OBSERVATIONS/DISCUSSION

- ✘ After her breast cancer diagnosis, she experienced the same **anxiety and fear** that other cancer patients usually experience. This fundamentally arises from distortion and mistakes by the Buddhi. It comes **from attachment to the desire to live**, one of the 5 kleshas in the Yoga Sutras.
- ✘ When she realized through meditation that everything that is **not the eternal self comes to an end**, she also **experienced the eternal**, so her spiritual perspective on life and death was corrected to know that **she is always protected**, and she was able to feel gratitude and bliss.
- ✘ After that, by realizing **karma yoga's detachment and Adlerian psychology's contribution to the common welfare**, she found **meaning in life**, all her symptoms disappeared, and she became **decided to dedicate herself to life as a yoga therapist for cancer patients**.

CONCLUSION

- ✘ In spite of her breast cancer, by practicing **various yoga therapy techniques for five sheaths**, her physical, psychological, social and spiritual health improved tremendously.
- ✘ However, application of each yoga technique requires caution and appropriate yoga therapy assessment is crucial, because after her breast cancer diagnosis, her Buddhi's condition is such that awareness of bodily sensations and yoga therapy darshana can easily exacerbate illusions. Regarding her physical condition, asana can easily exacerbate pain.

THANK YOU FOR YOUR ATTENTION

Yoga Therapy Progress Chart (1)

1. When you first began yoga therapy, what were your main symptoms? To what degree did you have each symptom? If a score of 10 is the maximum degree of suffering you can imagine, and no suffering is 0, how would you score your symptoms? Please write the score next to each symptom. Only score your major symptoms. It is ok to choose only one.

Example: Depression 8, Anxiety 7, Headache 5, Still Shoulders 9, lower back pain 4, insomnia 8, dizziness 9, lethargy 10, High blood pressure 8, Panic 7, Diarrhea 7, Sensitivity to cold 9, nausea 6, etc.

Yoga Therapy Progress Chart (2)

2. Currently, how have your symptoms changed? Please score the same symptoms that you listed in question 1.

A score of 10 is the maximum degree of suffering you can imagine, and no suffering is 0.

Yoga Therapy Progress Chart (3)

3. After practicing yoga therapy, what changes occurred?
Circle the most appropriate number

1. significantly worsened 2. A little worse
3. About the same
4. a little better 5. significantly better

Physical condition	1-----2-----3-----4-----5
Mood/emotional condition	1-----2-----3-----4-----5
Condition of breath	1-----2-----3-----4-----5
Ability to move the body	1-----2-----3-----4-----5
Feeling of relaxation	1-----2-----3-----4-----5
Calmness of mind	1-----2-----3-----4-----5
Outlook/way of thinking	1-----2-----3-----4-----5
Interactions with people	1-----2-----3-----4-----5
Daily life	1-----2-----3-----4-----5
Connection with a higher power	1-----2-----3-----4-----5

Yoga Therapy Progress Chart (4)

4. To what degree is yoga therapy helping you now? On a scale of 1 to 5, 5 being “very helpful,” 3 being “neither helpful nor unhelpful” and 1 being “of no help whatsoever.”
5. Please write in concrete terms about the changes you have noticed in your body, mind, relationships, way of thinking, perspective on things, emotional changes, etc., or anything that you feel you learned through yoga therapy. General impressions are also ok.

VYADHI (disease)

ANADHIJAVYADHI

- **not caused by ADHI, ignorance**
- **Infectious and contagious disease**

ADHIJAVYADHI

- **caused by ADHI, ignorance**
- **Psychosomatic ailments**

Yoga Therapy History (1)

- ▶ At F's request, she started asana classes at this clinic in June Year X (age 39). Participated in over 50 classes by Aug Year X+2 (age 41)
- ▶ She practiced: 1) Awareness using 5 senses (5 min), 2) asana (40 min), 3) pranayama and awareness (10 min).
- ▶ Buddhi education on yogic wisdom during group classes
- ▶ F was able to experience relaxation in her first group class, and was able to deepen relaxation each time.

Yoga Therapy History (2)

- ▶ At F's request, she began yoga therapy darshana in July Year X (age 39) with me.
 - ▶ By Aug Year X+2 (age 41) she had darshana 24 times
 - ▶ Things she realized during yoga therapy darshana
 - She was creating her own problems
 - She realized her affinity for spirituality (purification experience at Ise Shrine, experience with grandmother)
 - "I want to be valued" was her standard for happiness.
 - When she felt her husband didn't value her, she would try use anger to control him.
 - She wanted a close knit family where she was the center of attention
 - She tried to create that ideal through rebelling and exploding in anger
 - her symptoms were one means of self expression
- ⇒ realization that everything was coming from her selfishness and attachment

Yoga Therapy History (3)

- Participated 5 times (Feb to Aug, Year X+2) in a theory and meditation study group at the clinic.
- The group program was as follows: i) Lecture on reference materials (30 min), ii) Isometric neck movement and pranayama (5 min), iii) practicing awareness with pratyahara (5 min), iv) Vedic meditation (20 min).
- While attending a theory study group, she realized the extent of her obsessions. After that, her daily life became increasingly stable.

Yoga therapy progress chart

(My original* see slides 31–34)

June Year X (age 39) to May Year X+2 (age 41)

- ▶ **Subjective Units of Distress (SUDs):** A scale of 0 to 10 (0=no distress, 10 unbearable distress)

Depression: 10→1; Anxiety 10→2, Panic 10→8,
Insomnia 10→5, Lethargy 10→1, Dizziness 8→1, Back
pain 9→6, Anemia 8→5, suicidal feelings 10→3

- ▶ **Yoga therapy effectiveness scale:** 5 level rating
Scored 5 for physical, psychological and
social aspects

- ▶ **Current Level of Usefulness :** 5 level rating 5

sVYASA Self Health Test*

June Year X (age 39)→April Year X+1 (age 40)→May Year X+2 age 41)

▶ Physical	6→	6→	14
▶ Emotional	1→	7→	11
▶ Social	6→	19→	21
▶ Identity	5→	14→	21
▶ Total	18→	49→	67

* Swami Vivekananda Yoga Anusandhana Sansthana's tool for subjective measurement of health, translated into Japanese by Yoga Niketan Japan.

Data from Verbal Comments

- ▶ April Year X+1 (age 40) when symptoms began to lighten:
“My thought patterns changed, so I am becoming able to deal with things.”
- ▶ May Year X+2 (age 41) after participating in a study group a few times:
“I feel like my mind has started working, so I am able to think now.”
“It feels like my brain functions have recovered.” “My body can move now, so I don’t have to stay in bed all the time any more.”
“I can see the bigger picture, and I can be aware of what is around me.” “I realized that I always thought I was right.” “It helped me realize that bringing my attention to my body was a way to get out of my deluded thinking.” “When I was little, I thought I was weird for having mystical experiences, but when I learned it was a strength, I knew I was not weird. I think this was one of the biggest turning points towards recovery for me.”

OBSERVATIONS IN MAY YEAR X+2 (AGE 41)

- ✖ Had left home at age 17 to rebel against oppressive parents, eating disorder started.
- ✖ Unaware motivations for her symptoms were wanting to be valued, wanting constant attention, wanting a close-knit family
- ✖ When her above wishes were not fulfilled, she used anger to try to change the people around her.
- ✖ After yoga therapy, she realized her self-centeredness, too initiative to value and treat her family better, and decided to communicate in a considerate and caring way.

⇒ Her family relations improved, symptoms stabilized