

Finding Balance With Yoga

A practice for equanimity and health

By Vidhya Udare, MS, CNS, BHMS, CCH, LDN, FMACP, RYT 500



Social media, friends, and family often encourage us to find “balance” in our lives. A balanced life makes perfect sense and sounds delightful, especially during our busiest days. But what exactly does balance mean, and how does one find it?

I like to think of “balance” as achieving a state of equilibrium in the mind, body, and emotions. One path to balance that has been especially helpful for me and my homeopathy clients is yoga. Yoga, often viewed merely as a form of exercise, is a unique mind-body medicine originating in India and defined as a way of life in the Bhagavad Gita, a Hindu scripture.

Yoga lowers cortisol, the stress hormone, helping us feel calmer and more balanced.¹ It also allows our brains to stay flexible and positively adapt to stress by creating new neural connections.² Plus, yoga can increase gray matter in the brain’s areas that control emotions and thoughts, thus making our bodies more resilient.³

Yoga: a way of life

“Yoga” comes from the Sanskrit word *yuj* meaning union or balance, and represents the inner harmony of the mind, body, and soul. It provides tools for self-awareness, including asanas (postures), breathing techniques, meditation, and chanting, allowing individuals to acknowledge their thoughts, emotions, behaviors, and actions.

Practicing yoga fosters mindfulness and the ability to live in the present moment, encouraging personal responsibility for

our well-being. Moreover, yoga helps train our thinking processes, cultivating attitudes for evolutionary growth in every moment.

Yoga and homeopathy work together

Yoga and homeopathy work synergistically to transform individuals who feel trapped by mental, physical, and emotional symptoms. Combining yoga therapy with homeopathy is an excellent way to achieve dynamic health at all levels. Regular yoga practice complements homeopathic care by calming the mind and promoting relaxation, boosting the healing effects of homeopathic remedies. Homeopathy can alleviate chronic suffering, creating a more comfortable yoga practice.

Both philosophies emphasize that disease results from a disordered vital energy called the “life force” in yoga and the “vital force” in homeopathy. An individual’s health and well-being are closely related to the harmonious functioning of mind, body, and spirit.

Relatedly, modern medicine now recognizes the close relationship between stress and disease, leading to a new term—“psychosomatic disorders” (PSD). “Psycho” means mind, and “soma” means body, indicating that PSD involves physical symptoms rooted in mental stress.

A holistic approach to healing

“Healing is the process of bringing together aspects of oneself, body-mind-spirit, at deeper levels of inner knowing, leading toward integration and balance,

with each aspect having equal importance and value.”⁴ Homeopathy and yoga emphasize that the body, mind, spirit, and emotions function as one unit rather than separate parts, acknowledging the interconnectedness of physical, mental, and emotional health, as shown in the following healing stories.

Rachel’s restored health

Rachel had suffered from abdominal pain, bloating, and diarrhea associated with irritable bowel syndrome (IBS), itching, scaling skin of psoriasis, migraine headaches, and high blood glucose levels (diabetes) for 30 years. Despite trying various treatments, her symptoms persisted, and she faced the prospect of insulin injections to lower her blood glucose levels.

Based on her general and unique mental, physical, and emotional symptoms, I developed an individualized plan, including a constitutional homeopathic remedy and yoga therapy sessions. Each session consisted of yogic warm-up asanas, such as *tadasana* (mountain pose)—standing tall while pressing down through the balls of the feet—and *bharmanasana* (table pose)—kneeling on all fours with a flat back, shoulders over the wrists, and fingers spread. Rachel also engaged in *pranayama* (calm breathing through alternating nostrils), meditation, and chanting.

Over time, Rachel’s symptoms showed remarkable improvement: Her blood glucose levels decreased per lab tests—her hemoglobin A1c (HbA1c), a three-month average blood glucose measurement,

dropped from 7.8% to 5.7%, and she had no glucose in her urine sample, both lab results indicating she no longer had diabetes. In addition, her digestion improved; she had regular bowel movements and could eat foods she previously avoided due to IBS. Her skin cleared of psoriasis symptoms, and her migraine headaches disappeared.

Aanya's anxiety and other symptoms resolve

Aanya, 27, sought help with recurrent corneal abrasions due to dry eyes, an inability to fall asleep, anxiety, and polycystic ovarian syndrome (PCOS - a condition caused by imbalanced reproductive hormones with symptoms of menstrual period irregularity, weight gain, infertility, and acne).

After years of conventional medicine, she ultimately found relief by addressing the emotional root causes of her illness with homeopathic remedies and yoga—engaging in pranayama and performing asanas focused on gentle stretching to balance stress: *jathara parivartanasana* (spinal twist pose)—lying on the back with bent knees and outstretched arms, alternately lower knees to each side while keeping the shoulders on the ground—and *sukhasana* (seated side bend pose)—sitting cross-legged with the back straight and hands to the sides, alternately raise a hand on each side and bend toward the opposite side.

In about two months, Aanya's recurring corneal abrasions disappeared; she no longer suffered from dry eyes and enjoyed sound sleep. Emotionally, she felt more balanced—calmer and less anxious. Her physician stopped oral contraceptives (the “pill”) after seven years, as Aanya's reproductive hormones were also balanced. She finally had regular menstrual periods for the first time!

Complementary care and healing

Yoga and homeopathy complement each other by promoting mental and physical

Relax Your Body, Mind, and Spirit with Yoga

Here are six easy yoga postures to help you rejuvenate and relax.

Helpful hints:

- Hold each posture (or alternating sides of a posture) for 10 seconds.
- Breathe deeply in and out through the nose, rhythmically and uniformly, as you move into, hold, and come out of a posture.
- Practice these postures regularly on an empty stomach in the morning or at least three to four hours after a heavy meal to experience the best results.
- If you are pregnant, have injuries or other health concerns, or have had surgery recently, please consult a certified yoga instructor or your physician for guidance before performing any posture. Find a certified yoga instructor at yogaalliance.org

1. *Balasana* (child pose)

Starting position: Keeping your head, neck, and spine straight, sit by positioning your buttocks on your heels and keeping your feet together and flat on the floor. Place your arms beside your legs with the backs of your hands touching the ground.



- Take a deep breath, lengthen the spine, and bend forward from your waist while exhaling.
- Place your forehead on the floor (or use a yoga block or pillow) and relax.
- Breathe, following the natural rhythm of breath, and hold for 10 seconds.
- Return to the starting position gradually and slowly.

2. *Uttanasana* (standing forward bend pose)

Starting position: Stand tall with your head, neck, and spine straight and your feet shoulder-width apart, and extend your arms overhead while breathing in.




- Exhale while bending forward, lengthening your spine and engaging your abdominal muscles.
- Keeping your back flat, place your hands beside your feet or hold onto your shins or ankles.
- Aligning your hips over your heels, press your heels into the floor and hold for 10 seconds.
- Inhale while moving back into the starting position gradually and slowly.

3. *Niralambasana* (crocodile pose on elbows)

Starting position: Lying on your stomach, bring your feet together on the floor.



- Inhale while slowly lifting your head and chest off the floor and placing your palms on the floor.
- Lifting your hands in front of your face, rest your chin in your palms and cup your face gently without straining the neck.
- Relax your body, breathe slowly, smile, and hold for 10 seconds.
- Exhale while moving back into the starting position gradually and slowly.

well-being, strengthening the immune system, enhancing vitality, managing stress, and stimulating the body's innate healing ability. The two disciplines can help individuals heal naturally and enjoy improved overall health. To find a yoga practitioner near you, visit yogaalliance.org. To locate a professional homeopath, visit HomeopathyCenter.org. 

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25+ years in New Jersey. Vidhya believes in a multi-dimensional approach to health and focuses her practice on thyroid issues and Lyme disease (both conditions she successfully reversed holistically) as well as autoimmune conditions and more. She conducts presentations and webinars to educate consumers and healthcare practitioners. Visit Vidhya at lifeforcenourished.com.

4. *Supta baddha konasana* (reclining bound angle pose)

Starting position: Lying on your back with your hands (palms up) beside or slightly away from your hips, relax your neck, shoulders, and arms.



- Bend your knees outward along the floor and bring the soles of your feet together (to make a diamond shape with your legs).
- Relax your lower back and your whole body.
- Breathe, following the natural flow of breath and hold for 10 seconds.
- Return to the starting position or lie in corpse pose (see #6).

5. *Ananda balasana* (happy baby pose)

Starting position: Lying on your back with your hands (palms up) beside or slightly away from your hips, relax your neck and shoulders.



- Inhale, and exhale while bending your knees toward your chest at a 90-degree angle with the soles of your feet facing up toward the ceiling.
- Keep your tailbone on the ground and your lower back relaxed.
- Grasp the outside of your flexed feet, gently pull down (knees move closer to the floor) with your hands, and hold for 10 seconds.
- Inhale while moving back into the starting position gradually and slowly.

6. *Shavasana* (corpse pose)

Starting position: Lying on your back with your legs two to three feet apart, your arms relaxed and away from your body (palms up), and your nose pointed to the ceiling, relax your lower back.



- Close your eyes and breathe in and out deeply through your nose.
- Bring your awareness to the natural flow of breath and consciously release any tension from all body parts, moving into a deep state of relaxation.
- Remain completely relaxed and focus on your breath for five to 15 minutes.
- Roll gently to one side, then push into a seated position.

