

YOGA SUDHA

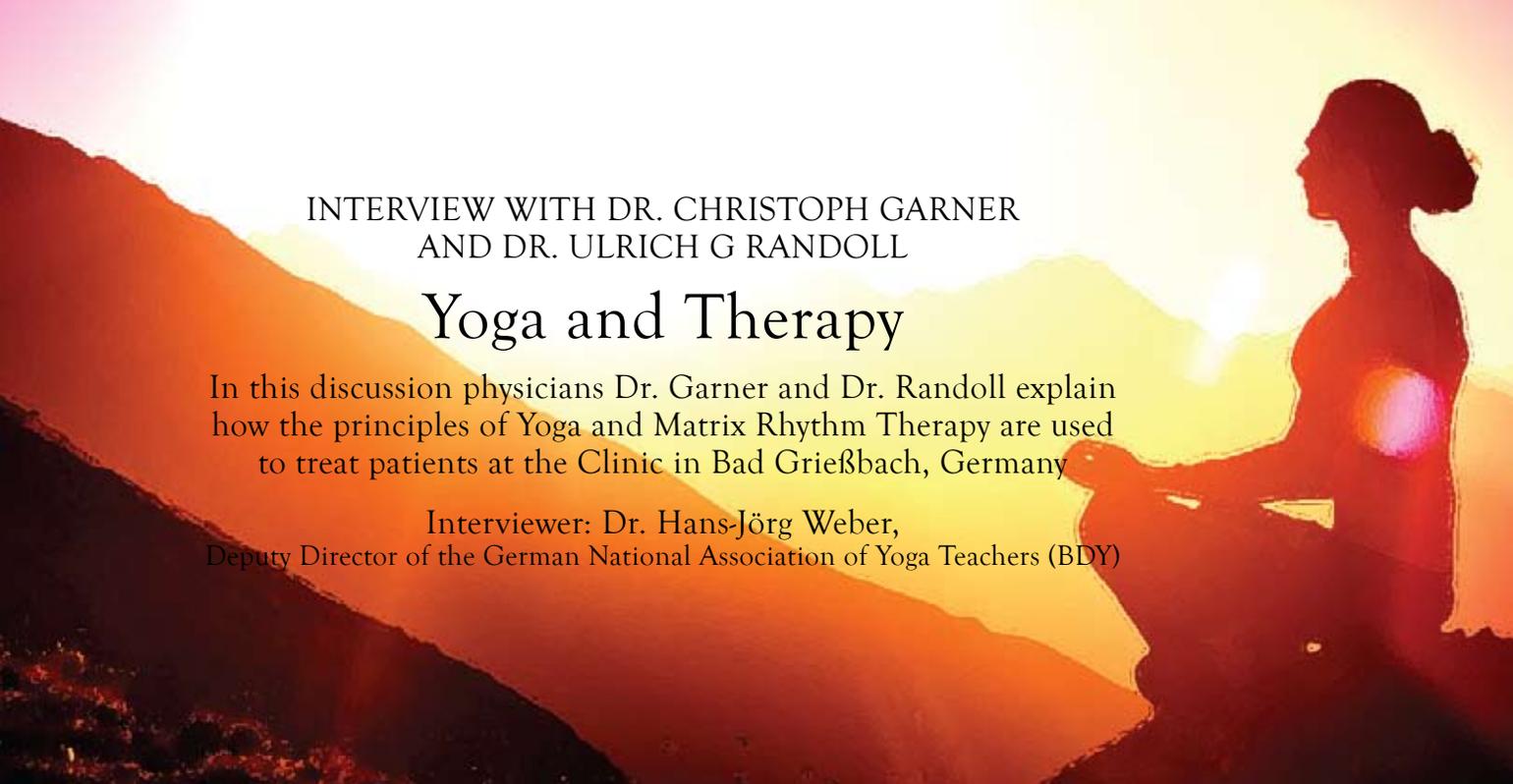
A Monthly Journal of S-VYASA Yoga University



Feb 25
S-VYASA University
celebrated **Founder's Day**.
Chief Guest
Shri Siddaramaiah
The Hon'ble Chief Minister
of Karnataka



Indic Civilizational Strategic Meet: Sri Sri Ravishankar Guruji graced the occasion



INTERVIEW WITH DR. CHRISTOPH GARNER
AND DR. ULRICH G RANDOLL

Yoga and Therapy

In this discussion physicians Dr. Garner and Dr. Randoll explain how the principles of Yoga and Matrix Rhythm Therapy are used to treat patients at the Clinic in Bad Griesbach, Germany

Interviewer: Dr. Hans-Jörg Weber,
Deputy Director of the German National Association of Yoga Teachers (BDY)

Weber: As Director of the Clinic in Bad Griesbach you have been working with Yoga and Ayurveda already for a long time. How did that start?

Garner: In fact we have been using Yoga for therapy for about 20 years in the KWA Clinic Stift Rottal in Bad Griesbach. By accident, back in 1994 we encountered a Yoga master from India who was coming through on the way to Heidelberg. He told me that he was working for a Yoga clinic in India, where a wide variety of illnesses such as tuberculosis, herniated disc, diabetes, migraine and psychoses had been successfully treated.

Did you believe him then?

Garner: I understood that all illnesses – however much they may be caused by organic, material factors – are all aggravated by stress. And with the help of Yoga, patients learned how to reduce their stress and how better to manage it. The logical consequence was that the severity of illnesses was decreased in most patients undergoing Yoga therapy.

Was this the moment when you got the idea to try the same method in Germany?

Garner: I was so surprised and convinced

by these results, that in the following years I arranged for our therapists to be trained at the Indian Yoga Clinic in Germany. I even sent some of our leading therapists to the Svyasa Yoga Clinic in India. Since then our Yoga master Raghuram visits us every year in March, supervises our Yoga sessions, trains new Yoga teachers and gives two weekend seminars about Yoga therapy in our clinic.

Are you cooperating with the Svyasa Clinic in the area of research?

Garner: A few years ago the Indian government gave Svyasa Clinic the status of a Yoga University. Since then Yoga students have repeatedly come to our clinic to carry out scientific studies on the effect of Yoga on neurological diseases.

Where do you see the greatest therapeutic benefits of Yoga?

Garner: For me the greatest benefit for our patients comes from the fact that Yoga can relieve many symptoms of illnesses without the use of medical drugs which often have side effects. Even the course of chronic diseases such as multiple sclerosis can be significantly improved with Yoga. Some of our MS and stroke patients have even travelled to the S-VYASA Clinic in Bangalore after they had become acquainted



DR. GARNER

Dr. Christoph Garner was born in Munich, Germany in 1949. Initially, in the period 1969-1975 he studied law and practiced law for a short time, after which he turned to studying medicine from 1976 to 1982 at the Ludwig Maximilian University in Munich. He obtained his specialist training as a neurologist at the Großhadern Clinic in Munich from 1983 to 1991. Since 1992 he has held the position of Chief Physician at the KWA Clinic Stift Rottal in Bad Griebach, Germany, and leads a clinic there for neurological and geriatric rehabilitation. While orthodox medicine has shown its strength above all in the domain of severe, acute and life-threatening illnesses, he came to appreciate the value of alternative, less dangerous treatment methods for chronic neurological diseases. While maintaining a solid basis in orthodox medical knowledge, he strives to utilize as many alternative treatment methods as possible in his clinic.



DR. RANDOLL



Dr. Ulrich G. Randoll is a medical doctor working in research and practice at the Matrix Center in Munich, Germany. In the context of several research projects he investigated cell-biological questions connected with the differentiation and dedifferentiation of cells. From the standpoint of coherent fields he created the basis for Matrix Rhythm Therapy – a method utilizing rhythmical micro-extensions reaching deep into the body, through which the entire extracellular matrix of connective tissue can be treated. At present this therapeutic method is utilized by over 3000 therapists in 28 countries for the effective treatment and prevention of disorders of the locomotor system.

with this method in our clinic, in order to deepen their knowledge of Yoga.

What limitations have you observed so far in the use of Yoga as a therapeutic method?

Garner: The great advantage of Yoga is that carrying out Yoga exercises costs nothing. A limitation is that patients must practice Yoga themselves, and laziness sometimes gets in the way. In addition, Yoga produces lasting effects only when it is practiced regularly. In many cases of serious illnesses there is also the need to adapt the Yoga exercises accordingly, otherwise the symptoms can be aggravated.

Is it possible to widen the range of applications using supportive measures?

Garner: In addition to Yoga therapy we also apply many other alternative therapy methods in our clinic, such as homeopathy, acupuncture, craniosacral therapy and Ayurvedic Panchakarma treatment. We have also had excellent experience with Matrix Rhythm Therapy, which we have been using in our clinic for about 15 years.

Combining Yoga and Matrix Rhythm Therapy sounds unusual at first. How does it work?

Randoll: Very simple. Both are systemic approaches to therapy involving movement, which complement each other marvelously. In this context the task of Matrix Rhythm Therapy, in which the patient plays a passive role, is above all to release and relax tissue structures – muscles, sinews and fascias – which are affected by shortening, clogging and adhesions. Afterwards the regained mobility of the tissue is supported and maintained through active



daily practice of Yoga āsana by the patient. Both contribute to releasing blockages in the body and mind of the patient.

What do these two methods have in common?

Matrix Rhythm Therapy has very much in common with Yoga as also with Ayurveda, TCM and other approaches. The origins of these various methods are naturally very different. Matrix Rhythm Therapy is a product of modern Western science, while Yoga originates in the traditional wisdom and practical experience of the East. But they share common principles. Both place self-healing - svāsthya - in the center of their therapeutic attention. Both emphasize the holistic nature, the unity of the living organism in accordance with “yuj” - the Sanskrit root of Yoga which means to join, to unite. Both emphasize the balanced state as key to the health of an organism. Both emphasize rhythms and vibrations - nāda. Both emphasize that the concept of energy flow - prāṇa - should not be restricted to the reductionist notion employed in modern physics. Matrix Rhythm Therapy is based on the discovery that the energy supply to cells depends on the quality of micro-vibrations which constitute a kind of breathing on the level of cells and tissues, and which are directly connected with the turnover of ATP, the main

energy carrier in the human organism. Through Matrix Rhythm Therapy the coherence of these microvibrations is restored and improved. We could say that Matrix Rhythm Therapy is a kind of prāṇāyāma for the cells.

So aren't you are talking about two different sides of the same coin?

Randoll: Right. In fact, eliminating blockages and restoring the elasticity of tissue are central goals of Yoga. In Matrix Rhythm Therapy the goal is exactly to obtain a reset of the neuromuscular system by restoring the logistics of the cells. The micro-vibrations upon which the energy supply of tissue depends, are reactivated via the principle of entrainment by synchronization with a signal applied from the outside. Both therapy methods aim at a harmonic dynamic state. Health means more than the mere absence of disturbances and symptoms. Above all health means a healthy lifestyle and a healthy way of thinking. Similarly to a Yoga teacher, every therapist utilizing the Matrix Concept treats patients on the basis of empathy - karuṇā. The therapist shows the patient what parameters must be brought into harmony - in the body and spirit - in order to establish a healthy sympathovagal balance.



How does Matrix Rhythm Therapy work?

Randoll: Matrix Rhythm Therapy is based on the fact that healthy muscle cells in our body constantly vibrate at frequencies in the range of 8 to 12 Hz. This frequency range corresponds to that of alpha waves in the brain. These microvibrations were first discovered by Rohracher in the 1930s and measured using various methods. Further investigations – including especially my own research at the University of Erlangen in the period from 1989 until 1997, in which I used piezoelectric sensors and special methods of video-microscopy – demonstrated that these micro-vibrations play a decisive role in the temporal coordination of processes inside the cell, as well as in the interactions between the cell and the surrounding medium, the so-called extracellular matrix. This interaction is decisive for the whole organism. The entire flow of energy and matter to and from the cells – including the input of nutrient substances and oxygen as well as the removal of toxic products – takes place via the extracellular matrix. Microvibrations function both as a pump and as a regulator and inner clock for these processes. Thanks to the development of a new therapeutic device, the Matrixmobile, it is now possible to induce coherent vibrations in tissue and thereby to restore the quality of the extracellular matrix and the logistics of the cells via the mechanism of entrainment of vibrations. This therapy method has proven to be extraordinarily effective, especially for acute and chronic diseases of the skeletal and muscular systems.

Dr. Randoll, why do you think Matrix Rhythm Therapy can enhance the effectiveness of Yoga therapy?

Randoll: Matrix Rhythm Therapy has the special capability of being able to achieve a state of complete physiological relaxation of the neuromuscular system. Through activating the peripheral proprioceptors, and especially through paravertebral therapy of the

sympathetic trunk, or the chakras and meridians of the back, Matrix Rhythm Therapy can induce a kind of whole-body reset of the peripheral neuromuscular system, including the central nervous system. Practice shows that to achieve

the same result through a combination of Yoga together with Ayurveda is a very time-consuming process. This observation is extremely important because an adequate state of relaxation is an essential precondition for practicing Yoga exercises and meditation in an effective and safe way. This state can be reached more quickly through a passive-active symbiosis of both methods, since Matrix Rhythm Therapy intervenes on the cell biological level using resonance effects. In many places in India this combination is already called “Turbo Panchakarma”. Hardenings of the musculature can be released more quickly and it is possible to restore the ability of muscles to relax completely.

How can this be realized in a practical and concrete way?

Randoll: These considerations and therapy results were supported by many discussions I had this year with leading experts from India and the United States at Yoga conferences in Portugal and Poland. I have the impression as if people had long been waiting for the results of cell biological research using video microscopy, in order to establish the scientific plausibility of Yoga’s therapeutic effects. I am already been requested to give presentations about the theory and practice of the Matrix Concept at five different establishments in India before the end of this year. ■

Courtesy: German Yoga Forum, Volume 4, August 2014, pp. 52-55



Do not look back upon what has been done. Go ahead!