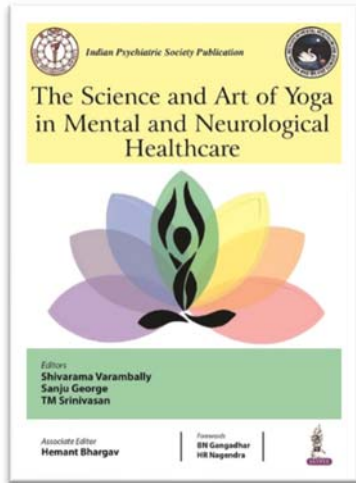




NEW RELEASE



The Science and Art of Yoga in Mental and Neurological Healthcare

Indian Psychiatric Society Publication

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Single Color | Paper Back | 1/e, 2021 | 314 Pages | 6.75" x 9.5"
9788194802815 | Price: Rs. 1995 | Discount Cat: B

ABOUT THE BOOK

This book attempts to bring the reader abreast of these developments and presents a comprehensive as well as practical approach to the use of Yoga as a therapeutic approach in psychiatric and neurological disorders.

KEY FEATURES

- Compendium on Yoga therapy for common neuropsychiatric conditions.
- Easy-to-understand practical guide for the students of Yoga therapy, Yoga therapists and Yoga clinicians treating neuropsychiatric conditions.
- Each chapter involves a team of experts from the fields of modern medicine/psychology/Yoga Scientifically validated/clinically relevant Yoga modules for each neuropsychiatric disorder provided in the appendix.
- Includes theoretical concepts from the perspective of Yoga philosophy, scientific mechanisms and compilation of research evidences.
- Case vignettes have been provided to exemplify the practical applications of Yoga therapy for each neuropsychiatric condition described.
- Special emphasis on practical application of Yoga in clinical conditions provided as "Yoga Clinical Insights" by a clinical Yoga expert.

READERSHIP

- A useful guide for physicians, especially psychiatrists and neurologists interested in incorporating Yoga therapy into their clinical practice.

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