

Yogic Practices for Management of Cancer (palliative care)

S.No.	Name of the Practice	Duration
1	Yogic Prayer	1 min
2	Shodhana Kriyas <ul style="list-style-type: none"> ✓ Jalaneti (twice a week) ✓ Simplified version of Kapalbhata (15-20 strokes) (3-5 rounds) 	7 mins
3	Yogic Sukshma Vyayama (3 rounds each) <ul style="list-style-type: none"> ✓ Uchcharana-sthala ttha Vishuddh-chakra-shuddhi ✓ Buddhi totha Dhurtti-shakti-vikasaka ✓ Smarana-shakti-vikasaka ✓ Vaksha-sthala-shakti-vikasaka ✓ Griva Shakthi Vikasaka -1,2, &3 	10 mins
4	Yogasana <ul style="list-style-type: none"> ✓ Tadasana ✓ Katichakrasana ✓ Vajrasana ✓ Ardha Ushtrasana ✓ Shashankasana ✓ Bhujangasana ✓ Balasana ✓ Supta Baddha Konasana ✓ Shavasana 	15 mins
5	Pranayama <ul style="list-style-type: none"> ✓ Nadishodhana Pranayama (5 rounds) ✓ Bhramari Pranayama (3 rounds) 	5 mins
6	Dhyan (Meditation) <ul style="list-style-type: none"> ✓ Yoga Nidra 	7 mins
TOTAL DURATION		45 MINUTES