



Erik J Groessl

Executive Editor
Journal of Yoga & Physical Therapy

Biography

- Dr. Groessl is an Associate Professor in the UCSD Department of Family and Preventive Medicine and is a Principal Investigator in the VA San Diego Health Services Research and Development unit.
- He received his Clinical Psychology PhD in 1999 from the SDSU/UCSD Joint Doctoral Program with a specialization in behavioral medicine/ health psychology.
- He has served as Center Director of the UCSD Health Services Research Center since 1999.

Research Interest

Dr. Groessl conducts research on yoga interventions and measurement and on other topics in integrative medicine. Currently, he is conducting a 4-year VA-funded randomized trial studying the benefits of yoga for veterans with chronic low back pain. He serves as a site-PI on an NIH R01 that will develop a measurement tool for quantifying the various components of yoga interventions. He also recently conducted a pilot study of yoga for sedentary older adults.

Recent Publication

- Elwy AR, Groessl EJ, Eisen SV, Riley KE, Maiya M, et al. (2014) A systematic scoping review of yoga intervention components and study quality. *Am J Prev Med*. 2014 Aug;47(2):220-32. doi: 10.1016/j.amepre.2014.03.012. Epub 2014 Jul 2.

Yoga

- Yoga is a physical, mental, and spiritual practice or discipline, that aim to transform body and mind. The term denotes a variety of schools, practices and goals in Hinduism, Buddhism (including Vajrayana and Tibetan Buddhism) and Jainism, the best-known being Hatha yoga and Raja yoga.



Yoga

- The term yoga is derived from the literal meaning of "yoking together" a span of horses or oxen, but came to be applied to the "yoking" of mind and body. The origins of Yoga have been speculated to date back to pre-vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in the same ascetic circles as the early sramana movements.



Yoga

- The earliest accounts of yoga-practices are in the Buddhist Nikayas. Parallel developments were recorded around 400 CE in the Yoga Sutras of Patanjali, which combines pre-philosophical speculations and diverse ascetic practices of the first millennium BCE with Samkhya-philosophy. Hatha yoga emerged from tantra by the turn of the first millennium.



Yoga

- Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. This form of yoga is often called Hatha yoga.



Journal of Yoga & Physical Therapy

- Ayurveda,
- Yoga,
- Clinical Toxicology,
- Forensic Medicine
- Physical exercise
- Physical therapy



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