

Bed to Bedroom Yoga

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Yoga is a New Way of Life!

Yoga is derived from the Sanskrit word (yolk) which means to unite. From a philosophical angle, this practice of “unifying soul and body” is 5000 years old. Traditionally thought as a mode of exercise, yoga is now being portrayed as a remedy for several illnesses including the bedroom blues [1].

Yoga Divisions

Yoga has historically been divided into *gyan yoga* or knowledge yoga based upon the philosophy of life. Likewise, it is *bhakti yoga* based upon the devotion. Similarly, we have *karma yoga* in which the action of the individual are continued along with regular practice of yoga. *Rajyoga* is a type of unification in which a balance is maintained between spiritual life and daily routine activities. In modern time, so called power yoga emerged and there is a huge popularity for bedroom yoga (Dhikav Yoga) in the Western countries now. The last one based upon several internationally published clinical trials. There are more than 2500 web pages based upon the same in google search at present. It has been heralded as an easy to do “painless yoga” or “*chilasan yoga*” (Hindi=*blissful yoga*) by the practitioners [1,2]. It has also been addressed as “knowledge yoga” or “rare yoga” due to its uniqueness [3,4]. Classes in this form of yoga are now being held in several countries. Curiosity in this form of yoga is a lot and due to its ability to change lives of a large section of men and women with sexual disorders; it is said to be as a “Giant yoga” [5,6].

Controlling Anxiety, Steadying Pelvis and Becoming Better in Bed

Yoga of various forms help in several diseases. This newly discovered form of yoga helps those with sexual disorders with credible evidence available from the internationally published journals and has been heralded as a “breakthrough” in medicine [3-9]. It has been suggested that as a result of reduced anxiety, better pelvic muscle tone and that may translate as a better performance in bed [10,11]. Features are reviews about Dhikav Yoga are summarized in this online review from the United Kingdom [12].

Yoga as a Holistic Lifestyle

There are attempts to integrate yoga into holistic lifestyle where the ancient knowledge is integrated so that so called unification of “body, mind and soul” may take place. The focus is on *yogasanas* and along with that lot of breathing exercises which are also called as *pranayamas*. Such a practice could potentially help individuals be young or old. In Dhikav yoga too, *pranayamas* have been integrated with the yogic *asnas* directed at pelvic and abdominal muscles [12-16].

Since there is a craze for something natural which is free from side effects seen traditionally with allopathic drugs; Dhikav yoga has been perceived as a “natural sex stimulant” [17]. Ofcourse the primary reason is the evidence available, but the reviews of the men and women who have experienced the benefits have helped uplifting the popularity [10,12-18]. Additionally, Jane Wadsworth of Sexual Function Clinic, St Mary's Hospital London UK suggested that the yoga offered an attractive alternative to conventional medications in treatment of premature ejaculation [14]. The

art of *yogasnas* used in Dhikav Yoga has been reviewed by William Broad, a New York based senior journalist in his book, “The science of yoga: Risks and rewards” [19]. Not just the yoga and premature ejaculation paper received lot of international attention but the paper on female sexual dysfunction has now become part of the therapeutic evaluation of “female orgasmic disorder” by International Society for Sexual Medicine [20]. International expert in the area of yoga have long portrayed yoga as a potential treatment option for several diseases and it seems yoga has gone from being performed on the bed to being “bedroom yoga” [21].

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