



**Medical
Blueprints**

HEALING IMPACT OF TRAUMA- CENTERED YOGA: TCTSY REPORT #2765

BACKGROUND: A psychiatric disorder that occurs in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault is called posttraumatic stress disorder, or PTSD. This disorder can occur in all people, of any ethnicity, nationality or culture, any age, and affects approximately 3.5 percent of U.S. adults. An estimated one in 11 people will be diagnosed with PTSD in their lifetime. Women are twice as likely as men to have PTSD. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; may feel sadness, fear or anger; and may feel detached or estranged from other people.

(Source: <https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>)

YOGA AND MIND-BODY PRACTICES FOR PTSD: Studies on mind-body practices used to treat PTSD found that many approaches in current use reduce the severity of core symptoms including intrusive memories, avoidance, and emotional arousal. Individuals who regularly engaged in mind-body practices reported improvements in mental health problems including anxiety, depressed mood and anger, and stress. In a small 7-day study, military veterans diagnosed with PTSD participated in daily 3-hour sessions of a breathing-based style of yoga. This showed reductions in PTSD symptom severity, anxiety symptoms and respiration rate at the end of the study and at one-year follow-up. In another small pilot study, 16 military veterans diagnosed with PTSD attended yoga sessions twice a week and reported significant improvements in sleep and other symptoms but non-significant improvements in overall PTSD severity, anger or quality of life. In addition to studies on yoga, preliminary findings from case reports suggest that Taichichuan and qigong may reduce PTSD symptom severity in torture survivors.

(Source: <https://www.psychologytoday.com/us/blog/integrative-mental-health-care/201904/meditation-and-yoga-can-reduce-symptoms-ptsd>)

PTSD BREAKTHROUGH: MDMA, commonly known as the street drug ecstasy or Molly, is showing significance in reducing PTSD symptoms when paired with psychotherapy. Promising research has the U.S. Food and Drug Administration granting the drug a “breakthrough” status and is fast-tracking final phases of clinical trials in the hopes of developing a new countermeasure. According to Dr. Michael Mithoefer, the acting medical director for the Multidisciplinary Association of Psychedelic Studies (MAPS), an organization working to advance the science of potentially beneficial compounds like MDMA, and a psychiatrist who is heavily involved in the clinical trials, MDMA helps reverse the brain functions that can paralyze people when trauma is triggered. Brain imaging studies have shown PTSD appears to increase commotion in the amygdala, the brain’s fear center, and reduce activity in the prefrontal cortex, which regulates emotion. MDMA’s ability to overcome fear and defensiveness, increase empathy and compassion, and heighten introspection can significantly improve psychotherapy for PTSD.

(Source: <https://www.dav.org/learn-more/news/2020/ptsd-breakthrough/>)

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