

Correspondence

Yoga and the Vertebral Arteries

SIR,—If we are to believe that Yoga exercises were developed centuries before the circulation of the blood was discovered, it may be wise to point out that the extreme degrees of neck flexion and extension and rotation during some of these exercises (for example, "shoulder stand" or "cobra") must for some people be hazardous to the vertebral and anterior spinal artery circulation.

Varieties of the basilar artery syndrome appear to be precipitated by unnatural neck postures, such as may occur for example during anaesthesia, in a dentist's chair, at a ladies' hairdresser, while picking fruit from a tree, while painting a ceiling, driving a car, swimming breast stroke, or presiding over a meeting. The consequential cerebral lesion may be delayed perhaps to appear during the night following, and this delay of some hours distracts attention from the earlier precipitating factor, especially when there is a catastrophic stroke.

—I am, etc.,

W. RITCHIE RUSSELL

Originele tekst:

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