

## FIBROMYALGIA SYNDROME WITH CHRONIC FATIGUE

Fibromyalgia is muscle fiber pain. There is no consensus on the cause or specific diagnostic test. Symptoms include cognitive problems, circulatory problems, bladder problems, IBS, low blood sugar, PMS, hypothyroidism.

Chronic Fatigue is clinically evaluated, unexplained, persistent or relapsing chronic fatigue of new or definite onset that is not the result of ongoing exertion, is not substantially alleviated by rest, and results in substantial reduction in previous levels of occupational, educational, social, or personal activities—and concurrent occurrence of 4 or more symptoms persisting/occurring at least 6 months. Other symptoms include: substantial impairment of short-term memory or concentration, sore throat, tender lymph nodes, muscle pain, multi-joint pain without swelling or redness, headaches of a new type/severity/pattern, non-refreshing sleep, post-exertional malaise lasting more than 24 hours. Symptoms often confused with other conditions requiring other diagnostic tests: chronic fatigue, myofascial pain, mitral valve prolapse, Jorgen's syndrome, Lyme disease, M.S., Hypothyroidism, rheumatoid arthritis, candidiasis.

Occurs in women 10:1 to men; estimates range from 3-10 million afflicted. Causes: no one really knows.

### Genetic Theory:

- 40% of FMS sufferers have a close family member with comparable symptoms, suggesting a genetic link.
- Exposure to infectious agents.
- Developmental history that results in particular neurochemical patterns and limitations in brain adaptability.
- Disturbances in prefrontal cortex functioning which screens sensory input. Unimportant information is allowed to enter or information is given excessive importance. Music is blasting, touch is jolting, lights intensified. Pre-frontal cortex problems result in disruptions in the limbic system.

### Sleep Theory:

- 90% of people with FMS suffer from alpha-delta sleep anomaly (alpha waves enter during the delta state causing a return to easily disturbed sleep level). Because of this disruption, there are low levels of Growth Hormone (GH) produced. GH is critical in repairing muscle tissue—the muscle pain is the result of all the little tears (micro traumas) that aren't getting repaired in the normal course of events. GH is also key to flushing out lactic acid and other substances when muscles are being used.
- Sleep deficit also results in low serotonin; therefore, lower amounts of endorphins are released and greater amounts of substance P—pain neurotransmitter (3x's greater in FMS).

### **CIRCULATORY SYSTEM:**

In one study, all patients with FMS/CFS had blood flow deficits to the brain, particularly the limbic system, which is self-regulating and maintains homeostasis. The result of this deficit is disruptions throughout all systems.

### **NERVOUS SYSTEM:**

Pain for days and hours at a time causes changes in the central nervous system and peripheral nervous system. The result may be a disruption in the balance between the CNS and PNS causing the pain to spread and intensify.

### **IMMUNE SYSTEM:**

From the sleep deficit, there is also a deficit in GH by products which allows excess production of cytokines. Many immune system chemicals get their instructions from cytokines. Abnormal natural killer cell activity may result whereby the body starts destroying its own tissues and organs. It may also result in a hyperactive immune system response, with frequent allergies and excessive or odd responses to medications and rapid adjustment. Most FMS sufferers have cortisol deficits that also lead to an overactive immune system. They have a normal morning burst (severe morning fatigue) and a normal evening burst (inability to sleep).

### **TRAUMA:**

Most studies do not support emotional trauma as causing FMS although there is a high occurrence anecdotally. “We often create much of our distress by pushing ourselves so hard and so fast, trying to be perfect in all areas, and taking care of others rather than ourselves”.

### **ANNAMAYA KOSHA:**

Stress creates mental tension, fatigue and pain in all 4 quadrants, breathing rate and heart rate increased, digestive and elimination decreases, overreactiveness. Hypothalamus stimulation releases hormone, stimulates pituitary, adrenal stimulation, cortisone, adrenaline release...creates mental tension etc...(cycle). Overstimulation of endocrine system.

### **PRANAMAYA KOSHA:**

Abnormal breathing, not enough prana, blocked energy, fatigue in all systems.

### **MANOMAYA KOSHA:**

Emotional instability, difficulty to handle life's emotional issues, perfectionist—needs to do it all and feels responsible for everyone and everything. Unable to be in the moment, worries about the past and frets about the future.

### **WITNESS:**

Intuition and insight blocked, unable to be the witness.

### **ANANDAMAYA KOSHA:**

Lack of trust in something larger.

### **TECHNIQUES:**

Create safe, functional movement with awareness. Stretch, lengthen muscles to open the body, improve the flow of prana, quality of breathing. Improve circulation of blood and lymph. Balance the nervous system, create a positive outcome, I CAN do this. This feels GOOD. Create a space a receptivity for connection with the other koshas. Remember: it takes a lot of effort and energy to just get to the class. Less is more, with lots of props and resting positions.

Somatics sequence, yogassage, pavanamuktasana, gentle vinyasas, restoratives, soft inversions, reclining butterfly, supported fish, forward bends.

MUDRAS are done seated or lying down, standing or walking. Make sure the body is symmetrical and centered and that you're as relaxed and loose as possible. Mudras are used to support the healing of chronic diseases by using them for several weeks or months. They help to move energy through the body, and gently remove waste blockages. KSEPARANA MUDRA (the gesture of pouring out and letting in)—place index fingers flat against each other. Fold the rest of the fingers and let finger pads rest gently on hands. Cross thumbs and place each in the hollow of other thumb. There is a small hollow between hands. Point index fingers toward ground, hold 7-15 breaths and concentrate on exhalation. Sigh deeply at end then place hands on thighs with palms turned up. To deepen, add affirmation: spent energy in my body, mind and soul flows away from me, and I thankfully accept all things that refresh me.

APAN VAYU MUDRA – both hands: bend index finger to touch tip to ball of thumb, at the same time, touch tips of middle and ring finger to thumb. Extend little finger. Use as needed to ground and open the heart, or practice 3x's a day for 15 minutes as a course of treatment to assist in coming into cool, calm stillness. To deepen add the affirmation: I have the time and the leisure to see beauty and enjoy the silence.

#### AYURVEDIC APPROACH TO FMS/CFS:

Basically, this is a severe pitta imbalance complicated by vata imbalance. The pitta perfectionism and striving to handle everything—a result of lack of trust in divine assistance—creates a tremendous fire that rages through the system. The vata (air) imbalance fans the fire, creating more heat, pain and exhaustion. The antidote would be lots of kapha grounding and water element to flush toxins and to put out (or at least dampen) the fire and bring the systems into better balance. Interestingly, the 18 points that western/allopathic practitioners point to as the indicators of FMS correspond almost identically to the ayurvedic marma points in the same parts of the body.

- Apastambha (collarbone), pitta—governs blood, para. and symph. Nerves, lungs. Blood in chest, cough, asthma.
- Krikatika (occipital), vata—tremors, disability, stiffness, colitis, constipation.
- Ansa (upper trapezius), vata—touch/sensation, atrophy.
- Ansaphalaka (lower trapezius), pitta—4<sup>th</sup> chakra (back) and small intestine.
- Kurpara (just below inner elbow), vata and pitta—heart, spleen, liver, lungs
- Katikataruna (4 pts. Bum), vata and pitta—fat, constipation, colon, bladder
- Janu (front inner knee), vata and pitta—heart, spleen, liver, lungs.
- Matrika (top of front neck), pitta—blood, circulation, liver, spleen, thyroid, 5<sup>th</sup> chakra

Marma points are bigger than acupuncture points so are easier to locate. They are also more like bands of energy penetrating and circulating the body so stimulating the point will affect front, side and backs of the point. When imbalances occur in the body these points become sore.

#### EIGHT WEEK COURSE:

Goal: to change the relationship to pain/fatigue through awareness, acceptance and adaptation.

1. Finding Comfort  
Introduction to Yogic Techniques for FMS/CF: body mapping, range of motion to clear lymph from core moving out to extremities (rest in between), yoga nidra/guided imagery setting the healing intention for the course.
2. The Power of the Mind to Heal  
Body map—compare to previous week, beginning to look for patterns. Adding affirmation to movement (R.O.M.). Chakras—clearing the charkas with breath, leading into yoga nidra/imagery.
3. How We Engage With Life Affects Our Health  
Body map—looking for patterns (developing witness), ROM movements with affirmations, basic discussion of Doshas, diet, and getting to nature. Mudras and yoga nidra/guided imagery.
4. Clearing the Mind and Gaining Focus  
Expanded breath awareness and body map, ROM and some restoratives (who's in charge, opening up to source), yoga nidra/guided imagery around topic.
5. Deepening Your Relaxation  
Body map, restoratives with mudra and gentle pranayama, yoga nidra/imagery.
6. Sharpening Focus and Deepening Sleep  
Body map, nadi shodhana and ROM, tratak and more nadi shodhana to teach how to stimulate melatonin. Yoga nidra/guided imagery.

7. How to Remain Calm in the Face of Everyday Life  
Body map, ROM, more on diet and doshas, yoga nidra/imagery.
8. Taking Your Practice Home  
Body Map, ROM, sharing, developing a strategy to beat isolation, spending time in nature to refuel, yoga nidra/guided imagery.