

A medical emergency is an acute morbidity that poses an immediate risk to life as well as long-term health. WHO predicts noticeable rise in emergency morbidity load in next few decades (McQueen, 2009). A significant burden of diseases in developing countries is caused by time-sensitive illnesses and injuries, such as severe infections, hypoxia caused by respiratory infections, dehydration caused by diarrhea, intentional and unintentional injuries, postpartum bleeding, and acute myocardial infarction (Razzak & Kellermann, 2002). The conditions with which a patient will approach the emergency department vary from the rural to urban setup. (Gupta, 2009) Most common medical emergencies may be categorized into following major categories: 1) Acute complications of chronic non-communicable diseases (NCDs), 2) Injuries due to accidents and assaults, 3) Complications of infections, 4) Pregnancy related complications and 5) those due to poisoning and drug over-dosage (Razzak & Kellermann, 2002; Garg, 2013; Saddichha, Saxena, Pandey & Methuku, 2009).

Yoga based lifestyle (YBL) involves life style modification based on the concepts of right living from Indian yoga psychology. Accordingly, the four components of life style namely diet, lack of exercise, bad habits (alcohol, smoking, uncontrolled desires)

loss of bread-winners to the family. Programs designed to educate on means of coping with stress may reduce some occurrence of interpersonal violence. It would also be necessary to curb substance use, since a high level of alcohol consumption of has been noted in this population and which can prove disastrous (Medhi, Hazarika & Mahanta, 2006).

Emergencies due to complications of infections

Among infections, viral infections are most common cause for medical emergencies. Especially in developing countries, one of the common causes of pain abdomen is rota virus diarrhea, seen mainly in children (Phukan, Patgiri & Mahanta, 2003). Cholera outbreaks also occur commonly in developing countries, these viruses are sometimes resistant to commonly used antimicrobials (Phukan, Borah, Biswas & Mahanta, 2004). Other prevalent infections are respiratory infections which may be viral or bacterial in origin. Apart from viral infections, infections due to bacteria's are frequently known cause for medical emergencies (Razzak & Kellermann, 2002). Immunity and lifestyle factors are closely interlinked. Inhibiting or holding back one's thoughts, feelings, and behaviors is associated with long-term stress and disease. A meta-analysis of 300 studies concludes that chronic stressors reduce both cell mediated and humoral immunity of the host (Segerstrom & Miller, 2004). There is also evidence that chronic stress impairs the immune system's response to anti-inflammatory signals. The capacity of a synthetic glucocorticoid hormone to suppress in vitro production of the pro-inflammatory cytokine interleukin-6 was found diminished among parents of cancer patients (Miller, Cohen & Ritchey, 2002). Thus, an intervention which reduces psychological stress may have important role to play in strengthening the immune system there by reducing spread of infections and preventing complications.

Pregnancy related emergencies

Pregnancy remains as one of the top causes of medical emergencies especially in developing countries (Garg, 2013; Saddichha, Saxena, Pandey & Methuku, 2009). Previous studies have noted a similar trend with most pregnancies occurring in the age group of 20-30 years (Gogoi & Ahmed, 2007). Therefore, targeting ante-natal care especially in the age group of 20-30 years (Saddichha, Saxena, Pandey & Methuku, 2009) could reduce morbidity and mortality. Pregnancy is a unique state of physiological stress, which necessitates physical, mental and social adaptation.

Stressors during pregnancy vary from life events (e.g. divorce, serious illness or death of a relative or friend) to daily trials and tribulations (e.g. domestic affairs, financial or social problems). During exposure to a stressor, the whole system of stress regulation, ie: the hypothalamus-pituitary-adrenal cortex system (HPA axis) and the sympathetic nervous system- adrenal medulla system,

In a randomized controlled study, sixty-eight high-risk pregnant women were recruited from two maternity hospitals in Bengaluru, India and were randomized into yoga and control groups. The yoga

Brent, D.A. (1995). Risk factors for adolescent suicide and suicidal behavior: mental and substance abuse disorders, family environmental factors, and life stress. *Suicide and Life-Threatening Behavior*, 25(s1), 52-63.

- Saddichha, S., Saxena, M.K., Pandey, V., & Methuku, M. (2009). Emergency medical epidemiology in Assam, India. *Journal of Emergencies, Trauma and Shock*, 2(3), 170.
- Satyapriya, M., Nagendra, H.R., Nagarathna, R., & Padmalatha, V. (2009). Effect of integrated yoga on stress and heart rate variability in pregnant women. *International Journal of Gynecology & Obstetrics*, 104(3), 218-222.
- Schneider, H.N., Alexander, C.N., Staggers, F., Orme-Johnson,