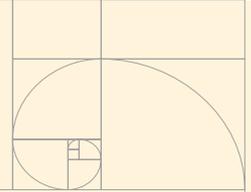


Health Heritage Innovations

Category: Practice

Stage: Scaling

Country (region): Sweden (Europe)



Medical Yoga Standardized Intervention

A clinically governed, scalable and digitally enabled framework for health systems

The Medical Yoga Standardized Intervention (MOSI) is an innovative, clinically governed framework that translates Patanjali-based traditional Yoga into a standardized, safe and scalable intervention for contemporary health systems. Co-developed with health care professionals, researchers and patients, MOSI offers a robust yet flexible structure that enables safe adaptation for individuals while remaining true to the original intervention.

By clearly defining and emphasizing medical Yoga's most impactful components (self-care, mindfulness, breathing, movement and meditation), MOSI supports reliable delivery that provides genuine support. Fixed dose tiers, posture options for all mobility levels, and safety rules to protect vulnerable patients from harm ensure consistent and equitable practice. Digital tools, including an offline-capable app and an e-learning platform, strengthen MOSI's implementation and scalability.

MOSI addresses major challenges in the management of chronic diseases through a low-cost, low-infrastructure model that improves access for underserved and mobility-limited populations. Additionally, group-based delivery and app-supported self-care reduce staff burden while increasing patient resilience.

Medical Yoga has been used in Swedish health care since 1997, implemented in more than 380 units, and shown to provide benefits in the treatment of stress-related conditions, heart failure disorders and long-term lower-back pain. In a field where Yoga research is often limited by variable methodology, MOSI provides the standardization needed to support stronger synthesis of evidence, policy uptake and integration into contemporary health care systems.



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SIMY
website



MOSI
website



Disclaimer: WHO played no role in the development of this innovation.