

# Therapeutic Effect Of Yoga Intervention On Medical Variables: Systematic Reviews

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## Abstract:

**Background:** This review aims to systematically survey the effects of yoga as a complementary intervention on medical variables. Many research was done by plenty of researchers in the field of yoga, but the implication of those results of research in yoga were not implemented in day to day life. The main purpose of this paper is to bring out the significant results to public and create awareness and to make real benefit for the human society.

**Methods:** The investigator searched from various sources, 500 research paper related to literature of yoga articles were searched according to the category variables selected for this study. Out of which, 40 research articles were scrutinized for this purpose. This paper related to categorize for Medical related variables. The sources of literature were gone through exist studies from library, internet, proceedings, unpublished thesis.

**Results:** The interpretation of all availed data gone through in-depth of all sources, it was reviewed that, the effect of yoga training, Asanas, Pranayamas, Meditations, Kriyas and Cognitive behavioural therapy were significantly improved on medical variables.

**Conclusions:** Regularly practicing yoga and content of yoga had beneficiary for the human being without affect any diseases and disorders. Practicing yoga and yoga therapy had betterment for life style management. The above said all results were the evidences that, how much of yoga influences on daily life of the human being.

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## INTRODUCTION

*“Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer's own form.”* - **Pathanjali**

The relationship between human life and yoga life, it is well known every action in normal human activities where inter related with yoga. The role of yoga in human life is enormous; it produces Strength, Flexibility. Even practise of yoga massages internal Organ and make them hail and healthy.

Advantageous Yoga since it has no age limit, irrespective of sex and mostly Non-Expensive, Simple and more effective.

## AIM AND OBJECTIVE

Many researches were done by plenty of researchers in the field of yoga, but the implication of those results of research in yoga

was not implemented in day to day life. So, the main purpose of this paper is to bring out the significant results to public and create awareness and to make real benefit for the human society.

## METHODOLOGY

The investigator searched from various sources, 500 research papers related to literature of yoga articles were searched according to the category variables selected for this study. Out of which, 40 research articles were scrutinized for this purpose. This paper related to categorize all Medical related variables.

The sources of literature were gone through existing studies from library, internet, proceedings, and unpublished thesis.

The following table describes the evidence based reviews on medical variables.

**EVIDENCE BASED REVIEWS ON MEDICAL VARIABLES**

Sl.No.	Medical Variables	Yoga Technique	Result	Support Review Authors
1	Parkinson's disease.	<b>Power yoga</b>	Significantly improved	Ni M, Mooney K, Signorile JF 2016.
2	Parkinson's disease.	<b>Power Training and High-Speed Yoga</b>	Significantly improved	Ni M, Signorile JF et.al 2016.
3	Parkinson's disease	<b>Yoga</b>	Significantly improved	Sharma NK et.al 2005.
4	Arterial compliance & muscle strength in premenopausal women	<b>Ashtanga Yoga</b>	No improvement in arterial compliance but improved in leg press.	Kim S, Bembem MG et.al 2012.
5	Neurological disorders	<b>Yoga &amp; Meditation</b>	Validity found with some flaws	Shri K. Mishra, Parampreet Singh et.al 2012.
6	Adrenomyeloneuropathy	<b>Hatha yoga &amp; Pranayama</b>	Significant improvement	Charlene Marie Muhammad & Steffany Haaz Moonaz 2014.
7	Multiple sclerosis	<b>Pranayama, Hatha Yoga, Raja Yoga.</b>	Alleviate Physical Pain & improves quality of life.	Doulatabad SN, Nooreyan K et al 2012.
8	Physical Activity, Sexual satisfaction among multiple sclerosis.	<b>Pranayama, Hatha Yoga, Raja Yoga</b>	Found Statistical difference and May improves.	Najafidoulatabad S, Mohebbi Z et.al 2014.
9	Female Sexual Function	<b>Yoga</b>	Found to be an effective method	Dhikav V, Karmarkar G et.al 2009.
10	Polycystic Ovarian Syndrome	<b>IAYT Practise</b>	Significant improvement found	Nagarathna, R Venkatram, Padmalatha 2013.
11	Male Sexual Problems	<b>Yoga</b>	Shows significant improvement	Pallav Sengupta, Prasenjit Chaudhuri, and Koushik Bhattacharya 2013.
12	Premature Ejaculation, Compared with yoga & Fluoxetine.	<b>Yoga</b>	Feasible, Safe, Effective and Acceptable Non-pharmacological option for PE	Dhikav V, Karmarkar G, Gupta M, Anand KS 2007.
13	Heart Disease	<b>Yoga</b>	Weak Recommendations Can Be Made For The Ancillary Use Of Yoga For Patients With Coronary Heart Disease, Heart Failure, And Cardiac Dysrhythmia At This Point.	Holger Cramer, Romy Lauche et.al 2014.
14	Chronic Obstructive Pulmonary Disease	<b>Yoga</b>	Yoga training has a positive effect on improving lung function and exercise capacity and could be used as an adjunct pulmonary rehabilitation program in copd patients.	Liu XC, Pan L et.al 2014.
15	Cardiovascular Disease	<b>Yoga &amp; meditation</b>	It is primary and secondary prevention of cardiovascular diseases	Manchanda S.C, et al 2014.
16	Treatment of osteoarthritis of the hands	<b>Yoga</b>	This yoga derived program was effective in providing relief in hand OA.	Garfinkel MS, Schumacher HR Jr et.al 1994.

17	Hemodialysis	<b>Yoga</b>	A simplified yoga-based rehabilitation program is a complementary, safe and effective clinical treatment modality in patients with end-stage renal disease.	Yurtkuran M, Alp A, et.al 2007.
18	Rheumatoid arthritis In Women	<b>Yoga</b>	Yoga resulted in a significantly decreased HAQ disability index, decreased perception of pain and depression, and improved balance. Yoga did not result in a significant change in awakening or diurnal cortisol patterns (P = .12)	Bosch PR, Traustadóttir T et.al 2009.
19	Chronic Low Back Pain	<b>Modified Hatha Yoga</b>	A modified yoga-based intervention may benefit individuals with CLB, the impact on depression and disability could be considered as important outcomes, but a larger study is necessary to provide definitive evidence.	Galantino ML, Bzdewka TM et.al 2004.
20	Rheumatoid Arthritis	<b>Raj Yoga</b>	Significant improvements in RA disease parameters. We believe that a longer duration of treatment could result in more significant improvements.	Badsha H, Chhabra V et.al 2009.
21	Fear of falling and balance in older adults	<b>Yoga</b>	The results indicate that yoga may be a promising intervention to manage FOF and improve balance, thereby reducing fall risk for older adults.	Schmid AA, Van Puymbroeck M, Kocaja DM 2010.
22	Mood & Heart rate Variability in patients awaiting organ transplantation.	<b>Laughter Yoga</b>	Participants showed improved immediate mood (vigor-activity and friendliness) and increased HRV after the laughter intervention. Both the laughter and control interventions appeared to improve longer-term anxiety.	Dolgoff-Kaspar R, Baldwin A et.al 2012.
23	Women with ovarian or breast cancer	<b>Restorative yoga</b>	Significant improvements were seen for depression, negative affect, state anxiety, mental health, and overall quality of life.	Danhauer SC, Tooze JA et.al 2008.
24	Climacteric symptoms in Indian women	<b>Integrated approach to yoga therapy.</b>	Integrated approach to yoga therapy decreases climacteric symptoms, perceived stress, and neuroticism in premenopausal women better than physical exercise	Chattha R, Raghuram N et.al 2008.
25	Breast cancer survivors with aromatase inhibitor-associated arthralgias.	<b>Yoga</b>	Yoga appears to positively impact these side effects of hormonal therapies.	Galantino M L, Greene L, et.al 2012.
26	Rheumatoid arthritis	<b>Yoga as a potential therapeutic intervention</b>	Yoga is perceived as a potential therapy to address this disparity. Based on opinions expressed by participants.	Ward L, Treharne G J, Stebbings S 2011.
27	Heart failure patients	<b>Yoga</b>	Shows significant improvement, Yoga practice was safe, with	Howie-Esquivel J, Lee J et.al 2010.

			participants experiencing improved physical function and symptom stability.	
28	Bone resorption markers of the postmenopausal women.	<b>Weight bearing yoga training</b>	The weigh-bearing yoga training had a positive effect on bone by slowing down bone resorption which was a very essential indicator for human health because it reduced the osteoporosis risks in the postmenopausal women.	Phoosuwan M, Kritpet T, Yuktanandana P 2009.
29	Risk profiles in adults with type 2 diabetes mellitus	<b>Influence of Yoga based Programs</b>	Studies suggest beneficial changes in several risk indices, including glucose tolerance and insulin sensitivity, lipid profiles, anthropometric characteristics, blood pressure, oxidative stress, coagulation profiles, sympathetic activation and pulmonary function, as well as improvement in specific clinical outcomes. Yoga may improve risk profiles in adults with DM 2	Innes KE, Vincent HK 2007.
30	Heart Disease	<b>Yoga</b>	Based on the results of this review, weak recommendations can be made for the ancillary use of yoga for patients with coronary heart disease, heart failure, and cardiac dysrhythmia at this point.	Cramer H, Lauche R et.al 2015.
31	Type II Diabetes Mellitus	<b>Yoga therapy</b>	Short term results are good, Long term results remain unclear	Gina K. Alexander, MPH, RN et.al 2009.
32	Type II Diabetes Mellitus	<b>Yoga practises</b>	A definitive recommendation for physicians to encourage their patients to practice yoga cannot be reached at present	BadrAljasir, Maggie Bryson et.al 2010.
33	Acute and chronic health conditions	<b>Yoga</b>	quality of systematic reviews is high, the quality of supporting evidence is low, some factors limit the generalizability of results	Marcy C. McCall, Alison Ward et.al 2013.
34	Chronic neck pain	<b>Yoga</b>	The low-quality result of the critical appraisal and the small number of trials suggest that high-quality RCTs are required to examine further the effects of yoga intervention on chronic neck pain relief.	Sang-Dol Kim. 2016
35	Spinal (back & Neck) Pain	<b>Iyengar Yoga</b>	found strong evidence for short-term effectiveness, but little evidence for long-term effectiveness of yoga for chronic spine pain in the patient-centered outcomes	Edith Meszaros Crow, EmilienJeannot et.al 2015.
36	Neck & Low Back Pain	<b>Yoga</b>	found strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for chronic low back pain in the most important patient-centered	Cramer, Holger MSc et.al2013.

			outcomes. Yoga can be recommended as an additional therapy to chronic low back pain patients.	
37	Migraine	<b>Yoga therapy</b>	significant reduction in migraine headache frequency	P.J. John PhD, Neha Sharma MSc et.al 2007.
38	<i>Pain, Functional Disability and Spinal Flexibility in Chronic Low Back Pain</i>	<b>Short term intensive yoga program</b>	reduced pain-related disability and improved spinal flexibility in patients with CLBP better than a physical exercise regimen	PadminiTekur, ChametchaSingphow, et.al 2007.
39	hypothalamic–pituitary–adrenal (HPA) axis and the sympathetic nervous system (SNS)	<b>Yoga &amp; Exercise group</b>	yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures	Alyson Ross and Sue Thomas et.al 2010.
40	Hypertension	<b>Yoga</b>	Shows significant results	C.H. Patel 2003.

## RESULT/ DISCUSSIONS

The interpretation of all availed data gone through in-depth of all sources the following results was derived. Most of the effect studies said that, practicing yoga for minimum of six weeks of duration had significantly improved on variables.

## EFFECT OF YOGA ON MEDICAL VARIABLES

1. The effect of Yoga influences the medical related variables such as Risk Profiles in Adults with Type 2 Diabetes Mellitus, Female Sexual Function, Male Sexual Problems, Premature Ejaculation, Heart Disease, Chronic Obstructive Pulmonary Disease, Treatment of Osteoarthritis of the Hands, Haemodialysis, Fear of Falling and Balance in Older Adults, Breast Cancer Survivors with Aromatase Inhibitor Associated Arthralgia, Heart Failure Patients.
2. Raj Yoga and Astanga Yoga had significantly healed Rheumatoid Arthritis in Women, Arterial Compliance & Muscle Strength in Premenopausal Women, Multiple Sclerosis, Physical Sexual Satisfaction among Multiple Sclerosis, Adrenomyeloneuropathy.

3. Yoga and Meditation had significantly controlled the Cardiovascular Disease; Neurological disorder.
4. Integrated Yoga (Astanga Yoga) had significantly improved Complementary therapy for Children & Adolescents, Climacteric Symptoms in Indian women.
5. Power yoga and high speed yoga had significantly cure the parkinson's disease.
6. Practicing Restorative yoga had controlled the Women with Ovarian or Breast cancer.
7. Weight bearing yoga training had positive effects on Bone Resorption Markers of the Postmenopausal Women.

## CONCLUSIONS

1. The yoga and content of yoga had significantly improved on all related medical variables.
2. Regularly practicing yoga had beneficiary for the human being without affect any diseases and disorders.
3. Practicing yoga and yoga therapy had betterment for life style management.
4. The above said all results were the evidences for how much influence of yoga on daily life of the human being.

## RECOMMENDATIONS

1. Yoga and Yoga therapy is the integral part of human being, it has been proved from this study.
2. Yoga practices play an essential role with irrespective of sex and age.
3. Yoga practices benefited in physical and physiological body, and also essentially needed to strengthen mental body and also healing multiple diseases and disorders.

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