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Special Article - Treatments that Intersect Yoga and Physical Therapy

Yoga as a Therapeutic Intervention

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Abstract

Yoga is a safe and inexpensive intervention. There are an increasing number of clinical trials of yoga research. With the development of evidence based medicine, there are an increasing number of systematic reviews and meta-analysis summarizing effects of yoga with disease. It is difficult for clinicians or patients to find useful information about yoga therapy because of so many systematic reviews and meta-analysis which summarize effects of yoga with disease. Therefore, this review summarizes systematic reviews and meta-analysis of yoga therapy. This review found that yoga shows benefits in cardiovascular disease, knee osteoarthritis, metabolic syndrome, asthma, breast cancer, chronic heart failure, chronic low back pain, chronic neck pain, chronic obstructive pulmonary disease, stroke, dementia, type 2 diabetes mellitus, headaches, irritable bowel syndrome, menopausal symptoms and schizophrenia.

Keywords: Yoga; Intervention; Systematic review; Meta-analysis

Introduction

Yoga is a form of exercise which originates from ancient Indian philosophy. Yoga is used for the body, spirit and spirit of happiness and is as an intervention for various diseases. Yoga has been shown to improve executive functions, attention, intelligence, memory and concentration to people since it is as an intervention using physical postures, breathing exercises and meditation techniques [1-5]. Yoga is a safe and inexpensive intervention, and there are more and more clinical trials of yoga research. With the development of evidence based medicine, there are an increasing number of systematic reviews and meta-analysis summarizing the effects of yoga with disease, such as dementia, cardiovascular disease, breast cancer and so on. However, it is a challenge for clinicians or patients to find useful information about yoga therapy, with so numerous systematic reviews and meta-analysis summarizing the effects of yoga with disease. Therefore, this review summarizes systematic reviews and meta-analysis of yoga therapy.

Cardiovascular disease

Haider T, et al showed that the clear potential yoga can improve cardiovascular disease risk when it is as an alternative and complementary means [6]. Chu P, et al. showed that yoga can improve cardio-metabolic health [7]. Barrows JL, et al. showed that yoga is essential to reduce cardiovascular risk [8]. Thus, yoga shows benefits in cardiovascular disease.

Knee osteoarthritis

A systematic review reported that yoga as an intervention might have a positive effect in relieving pain and mobility on patients with knee osteoarthritis but there is unclear on quality of life [9].

Metabolic syndrome

A systematic review and meta-analysis found that yoga intervention may be safe and effective for reducing waist circumference and systolic blood pressure in metabolic syndrome patients who are not adhering to conventional forms of exercise [10].

Asthma

Yang ZY, et al. found that yoga may make marginal improvements in quality of life as well as symptoms in patients with asthma [11].

Breast cancer

Seven studies found that yoga shows benefits in patients with breast cancer [12-18].

Chronic heart failure

A meta-analysis found that yoga is good for patients with chronic heart failure [19].

Chronic low back pain

Three studies found that yoga shows benefits in patients with chronic low back pain [20-22].

Chronic neck pain

A systematic review found that yoga is probably favorable for patients with chronic neck pain [23].

Chronic obstructive pulmonary disease

A systematic review and meta-analysis showed that yoga is advantageous for improving lung function as well as exercise capacity and probably serves as an adjunct pulmonary rehabilitation program in patients with chronic obstructive pulmonary disease [24].

Stroke

A systematic review and meta-analysis found that yoga is probably advantageous for ameliorating some of the long-term consequences of stroke [25].

Dementia

A systematic review found that yoga is beneficial for patients with dementia [26].

Depression

Three studies found that yoga shows benefits in patients with depression [27-29].

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Type 2 diabetes mellitus

Five studies found that yoga shows benefits in patients with type 2 diabetes mellitus [30-34].

Headaches

A systematic review found that yoga is probably beneficial for headaches [35].

Hypertension

Five studies found that yoga is an effective intervention for hypertension [36-40].

Irritable bowel syndrome

A systematic review found that yoga is an effective intervention for irritable bowel syndrome [41].

Menopausal symptoms

A systematic review found short-term effectiveness of yoga for patients with menopausal symptoms [42].

Schizophrenia

A systematic review found that yoga can improve the quality of life in patients with schizophrenia [43].

Conclusion

This review found that yoga shows benefits in the following disease: cardiovascular disease, knee osteoarthritis, metabolic syndrome, asthma, breast cancer, chronic heart failure, chronic low back pain, chronic neck pain, chronic obstructive pulmonary disease, stroke, dementia, type 2 diabetes mellitus, Headaches, irritable bowel syndrome, menopausal symptoms, and schizophrenia.

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