

## Curative Patient-Specific Yoga Therapy


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ISSN: 2637-7802



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**Submission:**  July 18, 2022

**Published:**  August 01, 2022

Volume 7 - Issue 3

**How to cite this article:** Zohra Faiz,  
Kaneshka Faiz. Curative Patient-Specific  
Yoga Therapy. *Adv Complement Alt Med.*  
7(3). ACAM. 000663. 2022.  
DOI: [10.31031/ACAM.2022.07.000663](https://doi.org/10.31031/ACAM.2022.07.000663)

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### Opinion

Yoga therapy is a holistic approach that comprises various practices at different levels to manage health related symptoms. Yoga therapy integrates physical, psychological, social and spiritual components of health and wellbeing. Therapeutical benefits of certain practices enhance the functioning of thyroid glands, gut and liver and relaxes the body with reduce of stress and balanced lifestyle. Yoga therapy readjusts the autonomic imbalance and controls the rate of breathing. Breathing techniques have shown to reduce the resting respiratory rate and increase the vital capacity. Several studies have shown benefits in many health conditions such as obesity and depression associated with hypothyroidism. Yogic concept comprises of the following five sheaths: gross body: internal organs cleansing techniques and diet; energy body: breathing techniques, yogic gestures and yogic locks; emotional body: meditation and chanting; intellectual body: knowledge points, Yogic counseling, sacred gathering; bliss body: selfless service and deep relaxation. Selection of specific practice for a particular health condition is mandatory as yogic techniques are countless [1]. Stress is associated with increased disease risk and poorer cancer-related outcomes due to telomere shortening, increased inflammatory cytokines and decreased cell-mediated immunity. Stress can promote cancer growth and progression through sympathetic nervous system, hypothalamic pituitary adrenal axis by stimulation of angiogenesis and decrease of anoikis. Yoga therapy therefore have the potential to improve outcomes by decreasing stress effects on cancer biology [2]. Moreover, the lymphatic system has the holistic function to maintain for all tissues of the body. Like cleaning substances that arise due to cell death, and optimizing immunity against bacteria, viruses, and parasites (purifying). Lymphatic network dysfunction is correlated with lymphedema, inflammation, cancer metastasis and other pathological conditions [3].

In relation to the above clinicians should consider the rationale for selecting the yoga style, dose, components, and home practice specifically to the patient and the related disease in accordance with the five sheaths. In addition, yoga therapy is useful to buffer treatment related changes in mental health, fatigue and sleep quality. When designing studies flexibility of design and scheduling is needed to accommodate patients' treatment related symptoms. Treatment-related symptoms motivates patients with cancer to participate in yoga, and barriers to participating is lower than other types of exercise. Interventions could include inpatient, outpatient, and homebased alternatives. Offering yoga from home via multi point videoconferencing could increase patients' access to cancer specific yoga classes with a qualified doctor. Moreover, including a family member in yoga therapy facilitates improving of caregivers' health and well-being, especially in women with breast cancer [2,4,5]. Future research should focus on patient specific stress/immunity biomarkers for diseases in relation to yoga therapy. In conclusion, patient specific yoga therapy should be included in the regular medical care and in the medical training program; as yoga therapy will purify the body from toxins and it will accelerate the healing process, buffers treatment related changes and ultimately save cost.

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