



YOGA THERAPY AND DISABILITY

Méndez Rial, Belia, PhD.

Facultad de Ciencias de la Educación y del Deporte, Pontevedra. Universidad de Vigo

Mail: beliam@uvigo.es

Recibido: 25/04/2015

Aceptado: 25/05/2015

Introduction

Yoga is a useful supportive intervention for a broad range of pain-associated diseases. It is often recommended as therapy for a variety of medical conditions and it is rising popularity as therapy (Verrastro, 2014). Yoga is a system of movement and breathing exercises meant to foster mind-body connection. It creates inner, physical and emotional balance through the use of postures, called asanas, combined with breathing techniques or pranayama (Posadzki et al, 2011). Benefits are found in different areas: Physical benefits (e.g.: flexibility, coordination, strength, endurance) mental benefits (e.g.: to develop greater awareness, diminish anxiety and reduction of distress, positive behavioural changes, improvement mood, facilitate positive emotions and optimism, broaden cognitive processes and enhance self- efficacy for pain control) or social (e.g.: to reduce isolation, to foster social networks and reinforce social support). Researches show that even despite persistent pain symptoms, patients recognize that they are able to be physically active, they experience higher self-competence and self-awareness, which contributes to higher quality of life. Moreover, yoga therapy is a safe and beneficial supportive treatment, relatively cheap, it requires just the motivation of patients (Posadzki et al, 2011; Büsing et al, 2012) and a good professional support.

Objectives

The aim of this review it is to determine what are the topics of the researches about Yoga therapy and disability.

Method

We searched articles related with Yoga, disability and therapy in three databases: PubMed (1972-2015), Sportdiscus (1972-2015) and Scopus (1991-2015). We included "Yoga AND Disability" and "Yoga AND Therapy" as key word in the title of the search to find the references regarding this area.

Results and discussion

The results showed that fewer studies include the terms “Yoga” and “Disability” and there are more studies about “Yoga” and “therapy”.

Table 1. Number of references that included “Yoga AND Disability” and “Yoga AND Therapy” in their title that have been found in the three databases analysed

| | PubMed | Sport discus | Scopus |
|-----------------------|--------|--------------|--------|
| “Yoga” & “Disability” | 7 | 2 | 6 |
| “Yoga” & “Therapy” | 126 | 66 | 137 |

In total we found 227 references. After grouping them, the topics that have been studied regarding Yoga Therapy and Disability are:

- Descriptive studies, narrative reviews, future proposals, interviews, ... (76 references) Anxiety, Stress, peacefulness and depression (14 references)
- Back pain, orthopaedic, knee replacement, hernia, sciatica, rehabilitation, rheumatologic conditions, osteoarthritis (18 references)
- Behavioural therapy for children and adolescents, Emotional intelligence in mid-life manager, high performance for athletes, therapist education, emotional well-being (9 references)
- Cancer and breast cancer (11 references)
- Cardiac heart disease, hypertension, blood pressure, infarct, post-stroke disability, cardiac function (12 references)
- Diabetes, eating disorders, weight loss (8 references)
- Mental illness, mental health treatment, intellectual disabilities, sclerosis, schizophrenia, Parkinson´s disease, epilepsy, Down, autism, neurotic patients, psychiatric and neurological disorders, Asperger´s syndrome (34 references)
- Pulmonary disease, tuberculosis, asthma, bronchitis (11 references)
- Urinary incontinence, urologic disorders, hemodialysis (5 references)
- Women health, pregnancy, postpartum, prenatal depression and prematurity, perimenopausal and menopause (8 references)
- Other: smoke cessation, drugs addicts, psychosomatic disorders, palliative care, Pediatric conditions, occupational hazards, pain disabilities, myopia, insomnia, hormone problems, voice therapy (21 references)

Conclusions

In conclusion, we found that Yoga has so many applications to different diseases and disabilities. It is a helpful for the health of everybody (from children to elderly patients) if they have any disease, disability or even if they are healthy. In this review we have different topics that could be studied in deep in the future. In particular, further researches could do more specific searches including the words “Yoga”, “disability” and “therapy” in other field of search (e.g.: in key words, abstract, all the text, etc.). We could study a particular disease in a theoretical way or in a practical implementation, too. Everything under a health perspective and in order to find the effectiveness of yoga as a treatment option for any type of pain or any pain in human patients.

Bibliography

- Büsing, A., Ostermann, T., Lütke, R. and Michalsen, A. (2012). Effects of Yoga interventions on pain and pain-associated disability: A Meta-Analysis. *The Journal of Pain*, 13 (1), 1-9.
- Posadzki, P., Ernest, E., Terry, R. and Soo Lee, M. (2011). Is yoga effective for pain? A systematic review of randomized clinical trials. *Complementary therapies in Medicine*, 19, 281 – 287.
- Verrastro, G. (2014). Yoga as therapy: When is it helpful? *The Journal of Family practice*, 63(9), E1-6.