

Yoga's Impact on Rheumatoid Arthritis Patients' Quality of Life

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ABSTRACT

Yoga is a collection of ancient Indian philosophies and practises. Yoga is derived from a Sanskrit phrase that means "to yoke" or "to combine." It emphasises the integration of the mind, body, and spirit, as well as the development of a stronger emotional connection between the individual and his or her surroundings. Yoga has spiritual foundations, and its primary objective is to assist people in achieving true happiness, freedom, or enlightenment. Yoga, on the other hand, has a number of secondary objectives, including increasing physical health and enhancing mental well-being and emotional equilibrium. Rheumatoid arthritis (RA) is a widespread inflammatory autoimmune disease that has a significant impact on human health and necessitates the development of more effective non-pharmacologic treatment options. The goal of this study is to examine and assess the efficacy of yoga for RA patients in a systematic manner.

Keywords: Yoga; Rheumatic diseases; Arthritis

INTRODUCTION

Yoga is a popular practise that may be beneficial to some people who suffer from rheumatic diseases. Regular yoga practise can improve muscle strength and endurance, as well as proprioception and balance, by emphasising complete range of motion movement to develop flexibility and mobility. Breathing, relaxation, body awareness, and meditation are other therapeutic aspects of yoga that can help to reduce stress and anxiety while also promoting a sense of serenity, general well-being, and increased quality of life. Yoga postures are increasingly being practised without regard for their original spiritual context, merely for physical health advantages, as interest in yoga has grown in western countries over the last few decades [1]. Hatha Yoga is a physical form of yoga that sometimes overlaps or includes allusions to other components of yoga. Hatha Yoga contains breathing routines as well as relaxation techniques. It also emphasises postural alignment, strength, endurance, and balance.

Physical activity is important for overall health and well-being, and it is emphasised in public health recommendations [2] and treatment guidelines for arthritis, fibromyalgia (FM), and other rheumatic disorders. Yoga, which emphasises healthy living and takes a mind-body approach to physical activity, may be particularly well suited for some people with rheumatic conditions, according to new research. There are various grounds to assume that yoga's blend of physical and mental components are beneficial to persons who suffer from arthritis or other rheumatic conditions. As an

adjuvant to traditional therapy, relaxation, visualisation, and biofeedback, for example, can help pain and mood, as well as physical functioning and coping, especially in the early stages of rheumatoid arthritis (RA). Mindfulness has been demonstrated to reduce stress and enhance mood in people with RA and FM [3].

Other aspects of yoga, such as the emphasis on acknowledging and accepting day-to-day variability in feelings of wellbeing and energy, enhancing body awareness and respecting limits, and modifying exercise (mode, duration, frequency) in response to transient changes in disease activity, may be particularly beneficial for people with musculoskeletal concerns. Yoga's physical activity may also help to strengthen the lower extremities. Three typical poses (Crescent, Warrior II, and One-legged Balance) simultaneously target three functionally significant muscle groups: hip flexors and extensors, knee flexors and extensors, and ankle plantar flexors. Strengthening these motor groups, in particular, can help prevent the collapse of the centre of mass while standing and walking. The study designs, demographics investigated, and therapies tried were all very different [4]. While many trials employed validated instruments and blinded assessors, arthritic disease activity was measured using a variety of methods.

Changes in symptoms, function, and mobility were observed, as well as increases in fitness metrics such as strength, balance, and flexibility. The type of yoga, as well as the dose, varied greatly between settings. The research was supported by a variety of sources, including federal and foundation money, as well as support from a prominent department store in one example. Determined

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Received: Nov 02, 2021, Accepted: Nov 16, 2021, Published: Nov 23, 2021

Citation: Smith DO (2021) Yoga's Impact on Rheumatoid Arthritis Patients' Quality of Life. J Yoga Phys Ther. S8:004. DOI:10.35248/2157-7595.21. S8:004

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that the studies were of very poor to low quality overall and that meta-analysis was impossible due to the heterogeneity of the investigations. Nonetheless, there was a consistent trend suggesting that regular yoga practise improved pain, function, mood, vitality, and self-efficacy.

There was no indication of disease worsening or increased joint symptoms in any of the investigations, and there was some preliminary evidence of disease activity improvement, such as lower tender and swollen joint counts. Individuals who participated in the yoga arm reported significantly greater assessments of physical health, mood, and physical function, as well as improvements in flexibility and balance, at the end of 8 weeks, when compared to those who received conventional care [5]. Swollen and tender joint counts, as well as patient global evaluation scores, improved in both groups at the end of treatment in patients with RA. There were no documented side effects.

CONCLUSION

Yoga has grown in popularity as a form of physical activity that can provide significant health and quality-of-life advantages. Many people practise yoga for a variety of reasons, including musculoskeletal pain (and pain in general). The expanding body of evidence from studies suggests that yoga is a relatively safe and feasible choice for many people with rheumatic diseases. As part of a comprehensive illness treatment approach, this holistic approach

to exercise with an emphasis on mindfulness and stress reduction may also offer additional chances to improve psychological well-being, reduce pain, and improve function and engagement. Individuals should consult with their health care professional before beginning yoga. Direct supervision by a qualified instructor, who is aware of potential joint and musculoskeletal restrictions and can propose the use of props and adaptations as needed to guarantee safety and comfort, should be included in the initial practise. Yoga, on the other hand, may become an important part of a healthy, pleasant, and active lifestyle once people become comfortable with it.

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