



Yoga Therapy as a Supplement to Standard Systemic Sclerosis Treatment

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Description

Yoga remedy may have some eventuality in treating migraine, and therefore this meta-analysis aims to explore the efficacy Systemic sclerosis is an autoimmune complaint leading to significant disability and loss of Quality of Life. Yoga has come popular in recent times for its implicit remedial benefits. Since there are no scientific reports on the use of Yoga for SSc, we present two womanish cases of limited SSc who passed Yoga remedy as an adjunct to conventional operation in a domestic setting for a period of five and four weeks, independently. During their stay, they passed a specifically designed Yoga module. After their discharge, they were followed-up for four weeks, during which they were asked to continue rehearsing Yoga for 1 h every day. Both of them reported a reduction in pain, stiffness, symptom scores, and bettered QoL on discharge and at the follow-up compared to the values on admission. Erythrocyte sedimentation rate and C reactive protein, as biomarkers of inflammation, reduced on the discharge when compared to the birth. No adverse events were noted during the stay and the follow-up. Therefore, the present case series indicate a possible salutary part of Yoga as a peripheral remedy to conventional operation of SSc. Farther studies in the area are warranted to ascertain the efficacy of Yoga for SSc. of yoga remedy in treating migraine.

Systemic sclerosis

The severe respiratory pattern caused by a recently discovered coronavirus strain has spread worldwide and is posing a severe trouble to global public health.1 Owing to the COVID-19 epidemic, individual conduct and community-position restrictions and temporary partial or complete lockdown have been executed to control the spread of the contagion infection rate still, the strict position of

these measures and the punctuality of perpetration by governments affected the internal health of the population. Likewise, inordinate exposure to social media news, antithetical health information, physical symptoms analogous to COVID-19 infection, lack of confidence in croakers, former psychiatric diseases, severance, and pupil status, among others, were factors that vastly increased the situations of anxiety, depression, and stress. During the epidemic, the increase in the frequency of internal diseases was accompanied by other public health problems, similar as rotundity and physical inactivity, which in turn were also factors associated with an increased threat of hospitalization and death from COVID- Given the impact of COVID-19 on life and internal health, on-pharmacological strategies, and conditioning that follow social distancing guidelines similar as internet-grounded cognitive behavioral remedy and physical conditioning are pivotal to offset the challenges to public health Yoga began in ancient India as a comprehensive mind-body practice and has gained fashion ability worldwide as a holistic approach to physical and internal wellbeing.

Immunosuppressant Drugs

Although yoga encompasses several styles, a growing body of substantiation has shown that practices similar as postures, breathing ways, and contemplation have several remedial effects. The public interest in yoga is adding as it can be fluently performed and as it's adaptable, which could be a strategy during the epidemic to manage with stress and help maintain internal health. Methodical reviews indicated that yoga can be considered a feasible and safe ancillary treatment option for individualities with high situations of anxiety and depression, utmost studies have been conducted under clinic conditions and little empirical data are presently available about the position of yoga practice and its possible associations with internal health during the epidemic. Thus, the current study aimed to describe yoga practice and to corroborate the association of this practice with depression, anxiety, and stress Yoga remedy may have some eventuality in treating migraine, and therefore this meta-analysis aims to explore the efficacy of yoga remedy for cases with migraine. Yoga remedy may be effective to treat migraine cases, but it should be recommended with caution because of diversity. Amidst the adversities of the COVID-19 epidemic, the health care system has seen a new paradigm shift towards-health or services. In the arrival of feeding to the geometrically adding health care requirements of the cases suffering from colorful habitual health conditions when in social insulation, the need for similar shifts is consummate. Cases with enclosing spondylitis using immunosuppressant with variable degrees of disabilities are at advanced threat from this insulated status. This study aims to assess the efficacy of-Yoga as a treatment option for these cases. The proposed study is a single center, resembling group prospective randomized, open-blindfolded end point trial.

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