

YOGA PREVENTS FATIGUES IN CANCER??!!

- Cancer Related fatigue is a multi-dimensional concept
- Majority of cancer patients, report feelings of fatigue during & Follow-up of RT/CT (Range 4% to 91%)
- Long after treatment has ended.
- Somatic/psychological factor have been proposed
- Research in fatigue in cancer is only in its infancy
- Yoga interventions aimed at reducing emotional distress or enhance coping responses may also be an effective way to decrease the feelings of fatigue.



Materials & Methods

- General linear model analysis by randomized double blind, pilot Study on efficacy of behavioral intervention of yoga on Fatigue, Distress and QOL in cancer patients in an Indian tertiary cancer centre .
- 250 patients in each arm (34 pts in study arm and 29 in Control arm lost to follow up due to death or other reasons).
- One hour behavioral intervention of Yoga for 4 weeks before Chemotherapy or Radiotherapy continued for 24 weeks.
- One-hour health class daily for the same period was given in control arm to avoid bias and placebo effect.
- Hb% increased Significantly (30-50% , $p=.001$)
- Clinical improvements were statistically significant only after 3 months of continuous intervention.



Summary & Take Home Message

- Swami Vivekananda told in Chicago 119 years ago on 11th Nov 1893
- Spirituality changes Body's chemistry
- Thinking & Mind control, Medicine & God's Grace
- Financial cost minimal as compared to other costly therapies like Erythropoietin & Nutritional support
- Applicable in both high & low economy countries to curtail cost of cancer treatment.

