

Relation of Yoga Therapy with Breast Cancer

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Introduction

Yoga has been shown to be effective as a lymphedema treatment in breast cancer patients. This treatment has certain physical and psychological advantages. The majority of the research have been conducted only after the most severe issues confronting breast cancer patients have been identified. Several research have been conducted on the effects of Yoga treatment for breast cancer patients. This paper aims to fill the knowledge gap about the efficacy of Yoga treatment for lymphedema in breast cancer patients. The effectiveness of Yoga for the treatment of lymphedema can be assessed by evaluating a number of people with breast cancer who have used it. Yoga has been utilised as a treatment for lymphedema in breast cancer patients. According to research, yoga therapy has a positive impact on the treatment process. The advantages are both psychological and medicinal in nature. The majority of research is undertaken retrospectively, after analysing the serious challenges that cancer patients face. Some research look into the benefits of adopting yoga as a patient intervention. Similarly, research has been performed to investigate the utility of yoga therapy in the treatment of lymphedema. Nonetheless, no research had been conducted to assess the efficacy and effectiveness of this medication. The goal of this review study is to fill a vacuum in the literature by evaluating how beneficial yoga treatment has been in reducing lymphedema in breast cancer patients.

Several studies have found that a gentle yoga regimen can help those who are struggling with cancer. Therapeutic yoga has both medicinal and psychological benefits [1]. Improved sleep, a stronger immune system, better pain management, normalised endocrine function, higher musculoskeletal strength, lower blood pressure, improved balance, and a relaxed mental system are all medical benefits for patients. Self-acceptance, reduced anxiety and despair, reduced aggression, increased impulse control, and good coping strategies are among the psychological benefits. As a result, many hospitals now incorporate yoga and meditation within their integrative medicine offering. Unprecedented research also focuses on diminished function and the impact on self-image. Furthermore, research demonstrates multifaceted conceptualizations of healing, the consequences of self-care, and the blurring of approaches and interventions. This review paper goes beyond the body as understood mechanistically, as well as the body of scholarly work on techniques and interventions. Yoga therapy was advocated for by researchers in breast cancer patients. Previous research conducted in 2007 yielded an integrative medicine programme utilised to treat lower limb lymphedema through the use of yoga [1]. The authors of a 2014 study that examined yoga protocol in the process of managing breast cancer conclude that yoga has the same role in central manual lymph draining as Foldi's approach.

Doctors conducted studies on the use of yoga in the treatment of lymphedema-related breast cancer. They performed a randomised controlled

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pilot trial to discover a link between yoga practise and the management of BCRL [2]. Secondary arm lymphedema affects women after they have been cured of breast cancer, necessitating lifelong treatment. According to the authors, no less than 20% of women fell into this category. The study revealed that yoga intervention is beneficial because it serves to reduce tissue induration in the affected upper arm. When compared to the control group, this strategy was determined to be effective.

Beyond the Body is an insight from Thomas et al Iyengar's yoga curriculum for women with limitations caused by breast cancer (2014) [3]. The programme was created for women suffering from lymphedema in order to assist them learn arm mobility, become conscious of their posture, and overcome weariness. The participants indicated that yoga had improved their comprehension of the loss associated with disability. They also reported that yoga improved their self-awareness. This study tackles the long-term impact of lymphedema on women's emotional and physical health, particularly arm impairment, an issue that has received little attention in the literature. Beyond the Body is an insight gained from Thomas, et al. Iyengar's yoga programme for women with limitations caused by breast cancer. The programme was designed for women with lymphedema to help them comprehend arm mobility, become mindful of posture, and overcome weariness. The participants indicated that yoga had given them a better understanding of the loss associated with handicap. They also reported that yoga improved their sense of self. This study addresses the long-term impact of lymphedema on women's emotional and physical health, particularly arm impairment, an issue that has gone undetected in the literature.

Yoga improves self-image and helps individuals deal with issues such as posture, loss of gross motor function, and weariness; this process, in turn, aids in the improvement of arm morbidity. The sensation is associated with a more sophisticated understanding of well-being; they now feel healthy in their arms. Yoga, according to some patients, improves flexibility and helps them manage mentally with their impairment. Patients also report improved function as a result of the yoga treatment regimen [4].

Neil Piller's research discovered that the

lymphatic system has a differential in tissue pressure. This distinction is critical since yoga increases lymphatic flow. Because of their decreased respiratory and skeletal muscle movement capacities, the elderly may be more prone to lymphedema. According to Piller's research, people with breast cancer are more susceptible to lymphedema. Wellness coaching is seen as an essential component in the treatment of breast cancer survivors. Galantino et al. advocate for wellness coaching and traditional group assistance to improve survivors' overall quality of life. Their preliminary findings show that the depression subscale utilised improved significantly. The authors advise survivors to participate in healthful practises. Yoga therapy is one of the beneficial behaviours that has been scientifically proven to aid patients.

Galantino, et al. (2012) compare wellness coaching to traditional forms of social assistance. They argue that wellness coaching is more significant in treating survivors than typical social support mechanisms because it has a more positive influence on quality of life. The author interviewed twenty patients, and the patients' replies were favourable to the study [5]. Wellness coaches, according to Galantino, et al., have played an important role in health promotion. Furthermore, wellness coaching can be utilised to empower employees who are at risk of developing serious diseases to live healthier lifestyles. Similarly, yoga therapy can be used in place of traditional health care to empower breast cancer patients to live healthier lifestyles [5]. Although there are high-quality wellness programmes in Canada, interdisciplinary treatment programmes are scarce. Because of the chronic nature of impairment following breast cancer, patients rely largely on selfcare. They are disadvantaged because they are unable to get interdisciplinary services. As a result, individuals must endure disease-related suffering, which can only be sustained if the patient attends to their requirements. Galantino et al. (2012) began working with women experiencing impairment after breast cancer with the goal of designing interventions that are directly informed by participants with this contextual knowledge in mind. Although there are high-quality wellness programmes in Canada, comprehensive treatment programmes are not commonly available. Patients rely extensively on selfcare due

to the chronic nature of disability following breast cancer. They are at a disadvantage since they do not have access to interdisciplinary services. As a result, individuals must endure disease-related suffering, which can only be sustained if the patient takes care of their requirements. With this contextual knowledge in mind, Galantino et al. (2012) began working with women experiencing impairment following breast cancer with the goal of producing therapies that are directly informed by participants.

Lymphedema is a condition caused by a weakened lymphatic system. The syndrome develops as a result of regional fluid retention and tissue edema following lymphatic system injury. Edema, discomfort, and swelling are among the symptoms. According to statistics, the illness affects almost 140 million people worldwide. There are numerous causes and prevalence circumstances that can make you a potential target for this ailment. There are two types of causes: primary and secondary. Because lymphedema is genetic, the key reason is when a person inherits the condition. When the lymphatic system is harmed, this is the secondary cause. According to Piller (2013), roughly 1.3 persons out of every 1000 people worldwide suffer from lymphedema. This equates to roughly 140 million people worldwide. As a result of the vast number of people impacted by the ailment, it is a cause for concern. Lymphedema research is required to safeguard these people from the multiple obstacles that they confront as a result of the disorder. According to Pillar, the chance of getting lymphedema of the arm following breast cancer ranges from three to sixty percent. The likelihood of developing lymphedema of the legs following groyne or lower abdominal cancer is roughly 30%. As a result, it is obvious that lymphedema is strongly linked to cancer, particularly breast cancer. Piller's study is critical to this research because it answers concerns about the extent to which the illness affects breast cancer patients. Narahari, et al. (2014) support the premise that yoga therapy is effective as an intervention for breast cancer patients. His study, however, fails to link breast cancer to the

effectiveness of Yoga. Their work is important since it includes tests that used yoga therapy to treat lymphedema disorders such as lower limb lymphedema.

Loudon, et al. (2014) conducted a randomised controlled pilot experiment and had favourable findings. The authors discovered that people who have had breast cancer require lifetime treatment. The findings of Loudon are critical to this review paper since they propose the use of yoga therapy as the long-term treatment that these individuals require. Several benefits can be extrapolated from Loudon, et al., thus it is critical to incorporate the controlled pilot experiment used by Loudon, et al. to assess the effectiveness of yoga therapy in pain management for breast cancer patients. Loudon, et al. show that randomised controlled pilot trials are more efficient than having a control group. For the current review study, there is no need to use a control group. According to the studies given, yoga therapy is an important intervention method in the treatment of lymphedema in breast cancer patients. The success of yoga intervention can be measured by counting the number of persons who have benefited from it. Furthermore, it will be necessary to interview and inspect patients in order to determine whether yoga has reduced their lymphedema. These studies have certain drawbacks. One of the constraints is the difficulty in recruiting participants for the study. Another impediment to study is a budgetary barrier.

To summarise, research into the efficacy of yoga treatment on lymphedema in breast cancer patients is advantageous not only to the field of lymphedema management, but also to society as a whole. Yoga has been utilised as a treatment for lymphedema in breast cancer patients. Some studies support the use of yoga therapy in the treatment of breast cancer patients who also have lymphedema. However, no research has been conducted to determine how helpful yoga therapy is in treating people who have both lymphedema and breast cancer. This study will be valuable since it will support the use of yoga therapy in the treatment of lymphedema in breast cancer patients.

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