

Effect of Yoga-based Pulmonary Rehabilitation in Non-Small Cell Lung Cancer Patients after Completion of Treatment

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Objectives: Lung cancer remains a challenging disease, not only with high morbidity and mortality but impairs quality of life and functional status in patients after the treatment. Evidence is increasing on the benefit of pulmonary rehabilitation in patients with lung cancer. However, conventional rehabilitation programs are still limited.

The aim of this study was to investigate the utility of yoga-based pulmonary rehabilitation program on pulmonary function of patients with Non-Small Cell Lung Cancer (NSCLC) after completion of their treatment.

Methods: Patients were recruited from the Rajasthan area via cancer hospitals, medical doctor. 167 patients with NSCLC who had completed treatment with in last 3-6 months, were invited to join the study. Forty-seven patients were included after giving the informed consent. Pulmonary function tests, and dyspnoea severity before and after 12-week of program was analysed.

Results: After undergoing yoga program, patients exhibited significantly higher forced expiratory volume in the first second ($P<0.001$), forced vital capacity ($P=0.001$), and 6-minute walk test distance ($P<0.001$). A statistically significant improvement in the severity of dyspnoea ($P=0.000$) was observed.

Conclusions: Patients with NSCLC seem to benefit with yoga based pulmonary rehabilitation. However, this was the first study to assess the yoga effect in pulmonary rehabilitation of lung cancer patients. Further studies with larger sample size and controlled situation are required.

Biography:

Mehul Kumar Agarwal is certified naturopath, yoga therapist, natural health consultant and research student in NMP Medical Research Institute, India. His interest lies in the clinical science that could demonstrate the change naturopathy, yoga and lifestyle makes, how the body heal itself of both chronic and acute ailments. In addition to pursuing research degree, Mehul conducts private holistic clinic in Jaipur, Rajasthan. This clinical practice is oriented towards health improvement, health strengthening, nutrition/natural health, and the prevention of health problems.