



BENEFICI DELL'IYENGAR® YOGA

Rassegna Letteratura

a cura di Chiara Travisi

Numerose ricerche pubblicate su riviste medico-scientifiche internazionali e referenziate hanno studiato gli **effetti della pratica dello Yoga secondo il metodo IYENGAR**, applicando rigorosi protocolli d'indagine. L'Associazione Italiana di Iyengar Yoga Light on Yoga ha presentato una review della letteratura durante la **European Conference of Integrative Medicine, Firenze 21-23 Settembre 2012**.

La **rassegna** della letteratura a cura di Chiara Travisi mette in luce come lo Yoga praticato correttamente secondo il metodo Iyengar può essere un prezioso strumento quotidiano di prevenzione e salute generale e, in taluni casi, un supporto alle convenzionali terapie.

Di seguito riportiamo i principali studi pubblicati sino ad oggi, suddivisi per area tematica.

Mal di schiena

- 2011 Yoga for chronic low back pain. Annals of internal medicine, 155(9)
- 2009 Evaluation of the Effectiveness and Efficacy of Iyengar Yoga Therapy on Chronic Low Back Pain. Spine 34(19)
- 2005 Effect of Iyengar yoga therapy for chronic low back pain. Pain 115(1)

Dolori al collo

- 2012 (forthcoming) Randomized-controlled Trial Comparing Yoga and Home-based Exercise for Chronic Neck Pain. Clin J Pain
- 2012 I'm More in Balance: A Qualitative Study of Yoga for Patients with Chronic Neck Pain. J Alternative and Complementary Med, 18 (00) 1-7

Sindromi autoimmuni

- 2011 A randomized controlled trial examining Iyengar yoga for young adults with rheumatoid arthritis: a study protocol. Trials Journal pdf
- 2010 "Iyengar yoga for young adults with rheumatoid arthritis", Journal of pain and symptom management
- 2005 Risk Indices Associated with the Insulin Resistance Syndrome, Cardiovascular Disease, and Possible Protection with Yoga: A Systematic Review. JABFP 18(6)
- 2004 Randomized controlled trial of yoga and exercise in multiple sclerosis. Neurology 62

Salute mentale

- 2010 Effects of yoga versus walking on mood, anxiety and brain GABA levels. Journal of alternative and complementary medicine



Sistema cardiocircolatorio

- 2011 Iyengar Yoga versus Enhanced Usual Care on Blood Pressure in Patients with Prehypertension to Stage I Hypertension: a Randomized Controlled Trial. Evidence-based Compl and Alt Med
- 2007 Iyengar Yoga Increases Cardiac Parasympathetic Nervous Modulation Among Healthy Yoga Practitioners. eCAM 4(4)
- 2006 Physiological responses to Iyengar Yoga performed by trained practitioners. Journal of Exercise Physiology

Cancro

- 2008 Impact and outcomes of an Iyengar yoga program in a cancer centre. Current Oncology 15(2)
- 2011 Yoga for Persistent Fatigue in Breast Cancer Survivors: Results of a Pilot Study. Evidence-based Complementary and Alternative Medicine

Altro

- 2012 Frequency of Yoga Practice Predicts Health: Results of a National Survey of Yoga Practitioners. Evidence-based Complementary and Alternative Medicine
- 2011 Yoga for Persistent Fatigue in Breast Cancer Survivors: Results of a Pilot Study. Evidence-based Compl and Alt Med.
- 2006 Feasibility and acceptability of yoga for treatment of hot flushes: A pilot trial. Maturitas
- 2006 A randomized trial of yoga for adolescents with irritable bowel syndrome. Pain Res Manage 11(4)



Associazione per la diffusione dell'IYENGAR® YOGA

Iyengar Yoga is the **world's most widely practiced** method of yoga, taught in the tradition of Yogacharya B.K.S. Iyengar, a 93 years old Master based in Pune, India.

The system of teaching is **methodical and progressive**.



It emphasizes safety, alignment and incorporates the use of supports called **"props"** to facilitate learning and accommodate safe appropriate progress. The consistency of the Iyengar Yoga approach has made it one of the favorite interventions when scientists study the effects of yoga. **Randomized controlled trials** are of particular interest as they produce the highest quality results.



A long array of research studies provides evidences of the **beneficial effects** of Iyengar Yoga for musculoskeletal complains, mental health, cardiovascular health, breast cancer recovering, metabolic syndromes.

As results accumulate that validate Iyengar Yoga techniques, it is reasonable to expect increased willingness to collaborate in order to explore the potential of Iyengar Yoga in therapeutics and promote the integration of Yoga in the national Health Systems.



www.iyengaryoga.it

www.bksiyengar.com

Beneficial effects of Iyengar Yoga: a review of research studies and potentials in therapeutics

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MUSCULOSKELETAL DISEASES

- Yoga proves cost effective in treating back pain (Chuang et al, 2012)
- Function improved and pain reduced for low back pain (Chuang et al, 2009) and chronic lower back pain (Williams et al., 2009)
- Obese people with knee osteoarthritis may benefit (Bukosky et al. 2005)
- Improved postural stability and gait in elderly women (Song et al, 2000; Di Benedetto et al., 2005)
- A yoga-based regimen more in reducing symptoms of carpal tunnel syndrome (Garfinkel et al. 1998)

AUTOIMMUNE DISEASES

- Pain and depression eased for young adults with rheumatoid arthritis (Evans et al. 2010)
- Use of props assists in rheumatoid arthritis therapy (Evans et al. 2010)
- Fatigue reduced for those with multiple sclerosis (Oken et al., 2004)
- Yoga improves metabolic factors (glucose tolerance and insulin sensitivity and other health risk factors (Innes et al., 2005)

CARDIOVASCULAR HEALTH

- Episodes of irregular heart beats reduced
- A self-controlled study presented to the American College of Cardiology in April 2011.
- Iyengar Yoga relaxation may be a suitable intervention in cardiac rehabilitation (Khatab et al. 2007)
- Blood pressure lowered in hypertensive adults (Cohen et al., 2011)
- Yoga reduced irregular heart beat episodes (Miller, 2011)

BREAST CANCER

- Less fatigue, better mood among breast cancer survivors (Danahauer et al, 2008; Bower et al., 2011)
- Improved cortisol levels for breast cancer survivors (Banasiak et al, 2011)

PEDIATRIC CARE

- Protocol to test efficacy to improve symptoms of IBS among young people (Evans et al., 2011)
- Anxiety reduced among teens with IBS (Kuttner et al., 2006)

GERIATRIC HEALTH

- Yoga is a feasible intervention for hot flushes (Cohen et al, 2006)
- Improved postural stability and gait in elderly women (Song et al, 2000; Di Benedetto et al., 2005)

OTHER

- Yoga calms more than walking does (raised levels of GABA) (Streeter et al., 2010)
- Precise pose alignment affects physiological responses in Iyengar Yoga practitioners. (Blank, 2006)