

Effect of yoga on parkinson disease

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Tiwari S. Effect of yoga on parkinson disease. J Behav Neurosci Res.2021;4(1):4.

EDITORIAL NOTE

Parkinson's disease is a movement illness that affects the nerve system. Symptoms appear gradually, and may begin with a barely detectable tremor in only one hand. Tremors are common, but they can also induce stiffness or sluggishness of movement. One of the central nervous system conditions that cause tremors and affects movement. Dopamine levels diminish as a result of nerve cell destruction in the brain, resulting in Parkinson's symptoms Motor function, functional gait, postural stability, and balance are all severely hampered in people with Parkinson's Disease (PD). These limits sometimes lead to an increase in the number of falls, which can have serious consequences for those with Parkinson's disease. Yoga may help people with Parkinson's disease improve their functional deficiencies. A tremor in one hand is a common symptom of Parkinson's disease. Slow movement, stiffness, and a loss of balance are some of the other symptoms. Parkinson's disease symptoms can be managed with medication. It is the world's second most common neurological disease, trailing only Alzheimer's disease. It primarily affects middle-aged and elderly adults, affecting roughly 1% of the population over 60 years old. Motor and non-motor symptoms are two types of clinical presentations of Parkinson's disease. Typical motor symptoms include bradykinesia, stiffness, static tremor, and postural instability. Patients' functional mobility, balance, and gait are all affected, as well as their risk of falling. Anxiety, depression, and cognitive impairment are

common non-motor symptoms that have a significant impact on quality of life. Parkinson's disease is mostly treated with medicines in conjunction with routine rehabilitation exercises because it is a chronic progressive disease. The treatment's main goal is to delay the disease's course, minimise clinical symptoms, and enhance Quality of life in people with Parkinson's disease. Long-term medicine, on the other hand, may cause a number of motor difficulties. Previous research has shown that rehabilitation therapy, when used as an adjuvant strategy, can help people with Parkinson's disease improve their motor function, functional mobility, balance, and health-related quality of life. Holistic therapies that target both motor and non-motor symptoms of Parkinson's disease are becoming increasingly popular. In a survey of persons aged 18 and up done by the National Centre for Complementary and Alternative Medicine in the United States in 2002, yoga was discovered to be the sixth most commonly used technique of rehabilitation therapy. Yoga is a popular form of physical and psychological exercise and rehabilitation that is practised all over the world. It comprises of asanas (postures), pranayama (breathing), and meditation (dhyana). According to certain research, yoga can help patients with Parkinson's disease improve both their motor and non-motor symptoms. Although recent research has looked into the usefulness of yoga in the treatment of Parkinson's disease, there hasn't been a complete look into its therapeutic effects. Some Randomised Clinical Trials (RCTs) have looked at the effects of yoga on motor and non-motor function in people with Parkinson's disease, but the results have been mixed.

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Received: January 05, 2021; Accepted: January 15, 2021; Published: January 25, 2021



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