



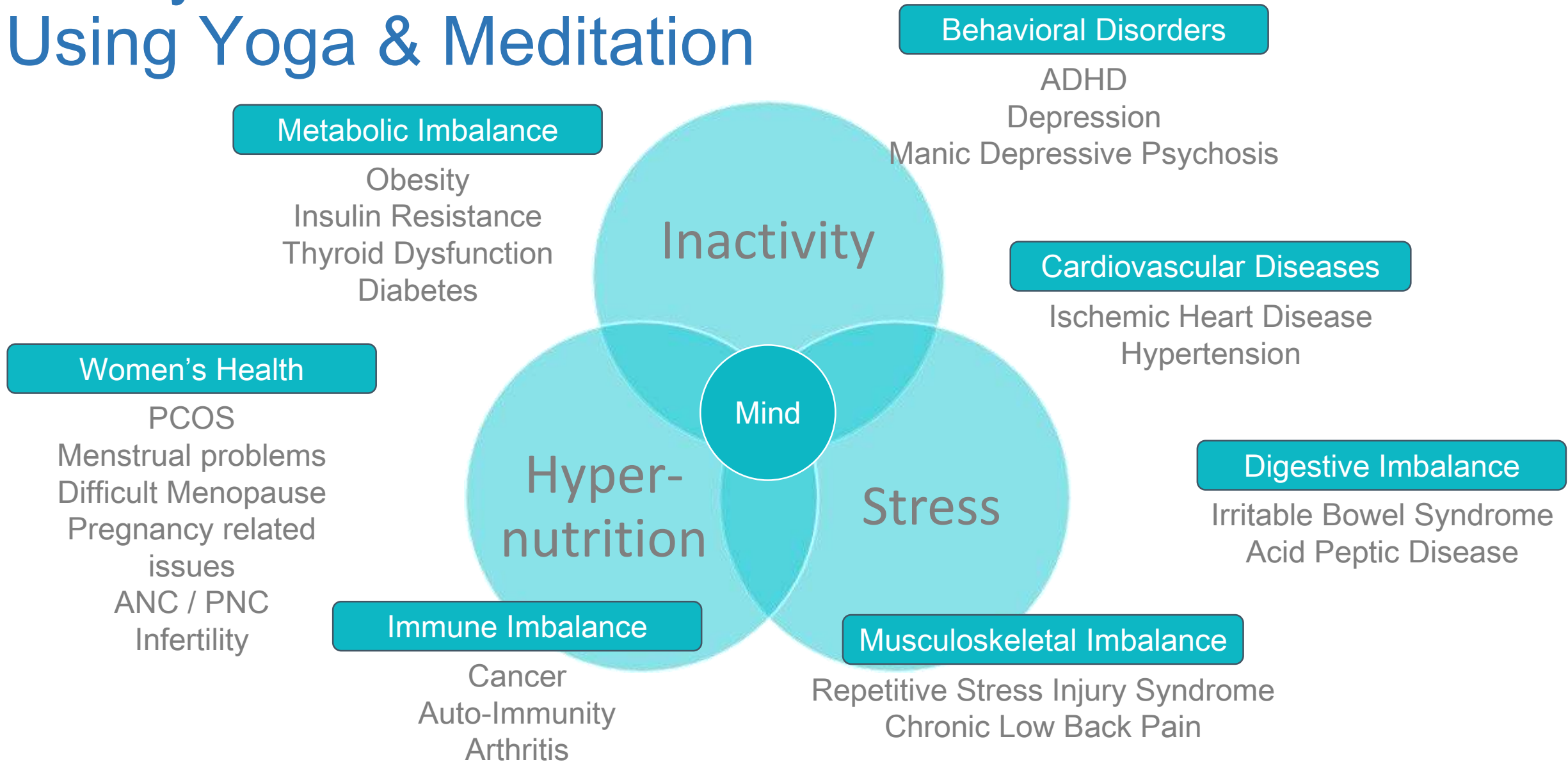
सत्यमेव जयते  
Ministry of AYUSH

# Evidence level for Yoga as a Therapy

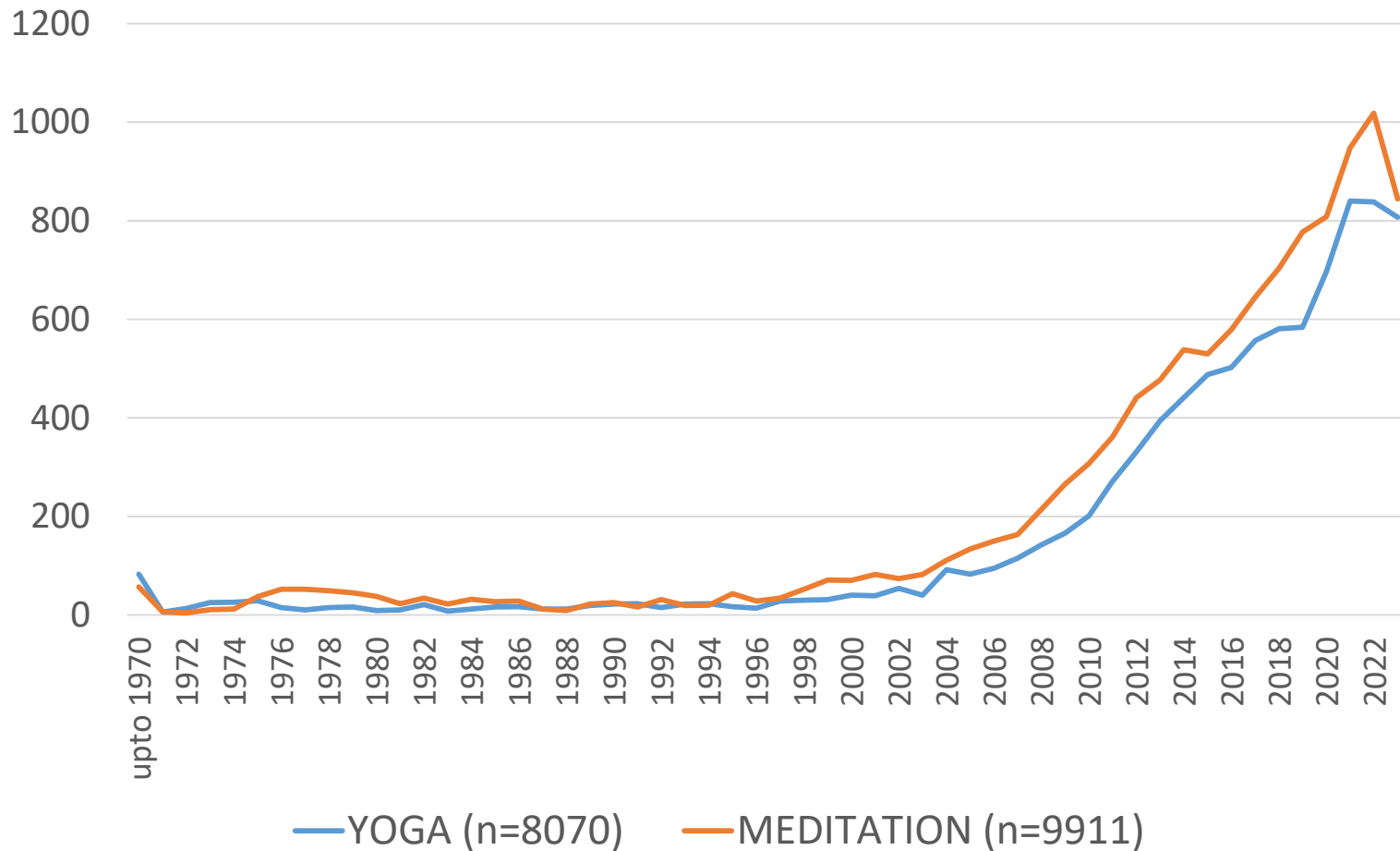
Dr Raghavendra Rao M, BNYS, PhD

Director, CCRYN

# Lifestyle Related Diseases Using Yoga & Meditation



# Year wise trend of publications on YOGA and Meditation on Pubmed

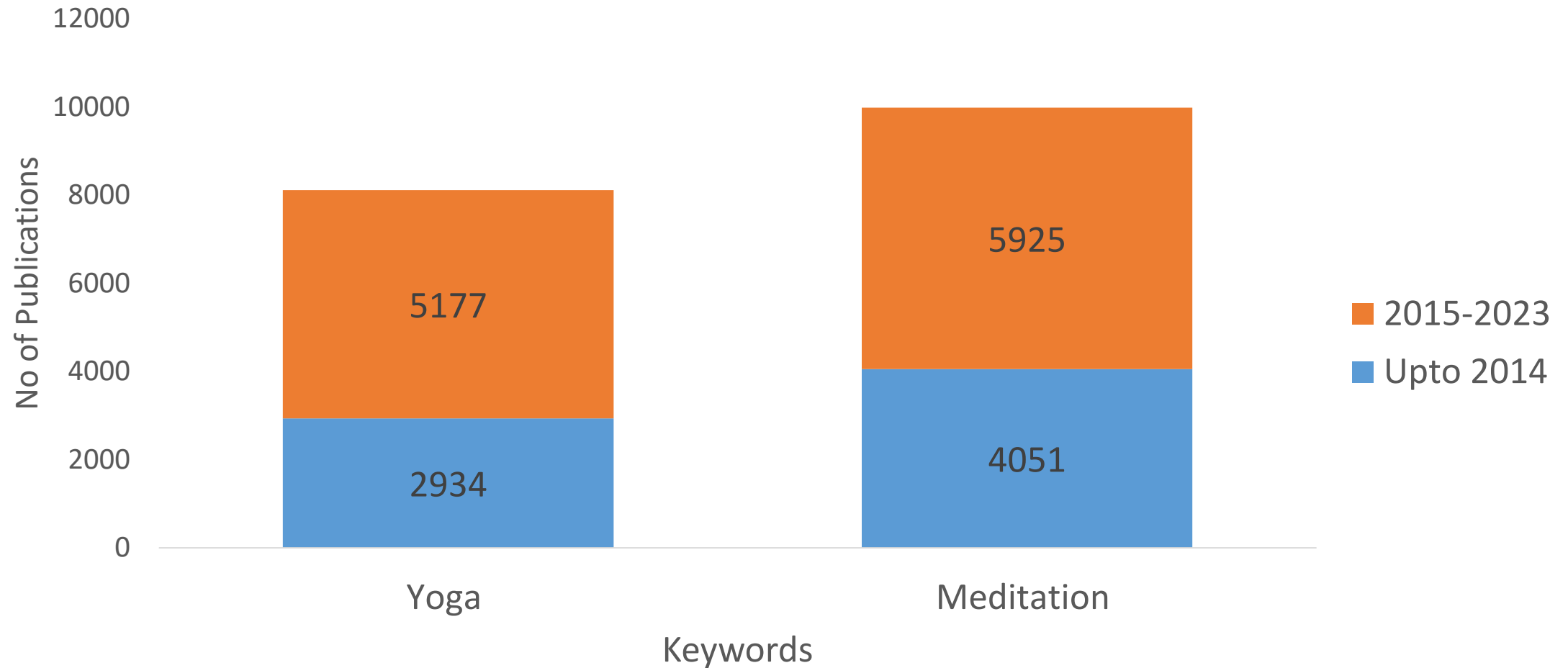


## INFOPOEMS - EVIDENCE LEVEL FOR YOGA

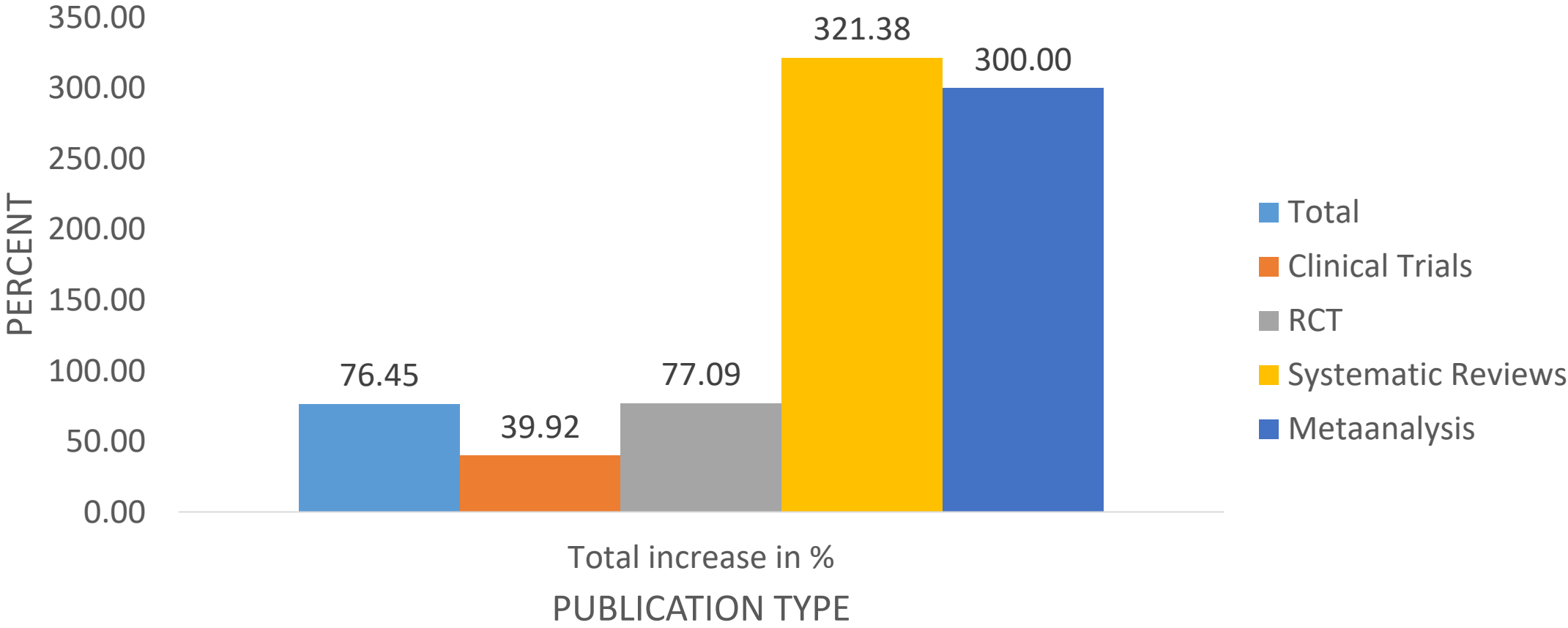
<b>CAD</b>	<b>LEVEL 1</b>
<b>Obesity</b>	<b>LEVEL 1</b>
<b>Low back Pain</b>	<b>LEVEL 1</b>
<b>Insomnia</b>	<b>LEVEL 2</b>
<b>NIDDM</b>	<b>LEVEL 1</b>
<b>Anxiety</b>	<b>LEVEL 1</b>
<b>Depression</b>	<b>LEVEL 1</b>
<b>Guidelines</b>	
<b>Cancer Related Fatigue- ASCO</b>	
<b>Cardiac Rehab -AHA</b>	
<b>Chemotherapy induced nausea –ASCO</b>	
<b>Hypertension-AHA</b>	
<b>Fibromyalgia -ARA</b>	

OCEBM Levels of Evidence Working Group. "The Oxford 2011 Levels of Evidence".  
 Oxford Centre for Evidence Based Medicine.  
<http://www.cebm.net/index.aspx?o=5653>

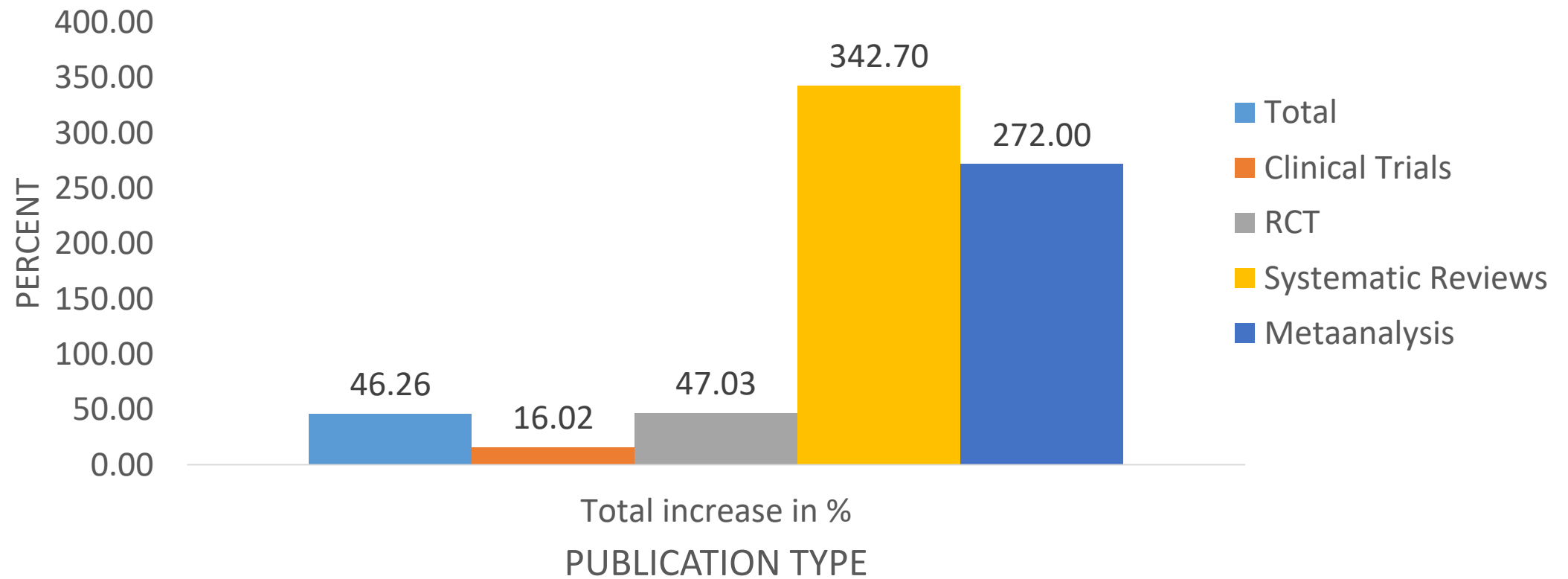
# Comparison of Total publications on Pubmed in yoga (n=8070) and meditation (n=9911) in the period upto2014 and between 2015-23



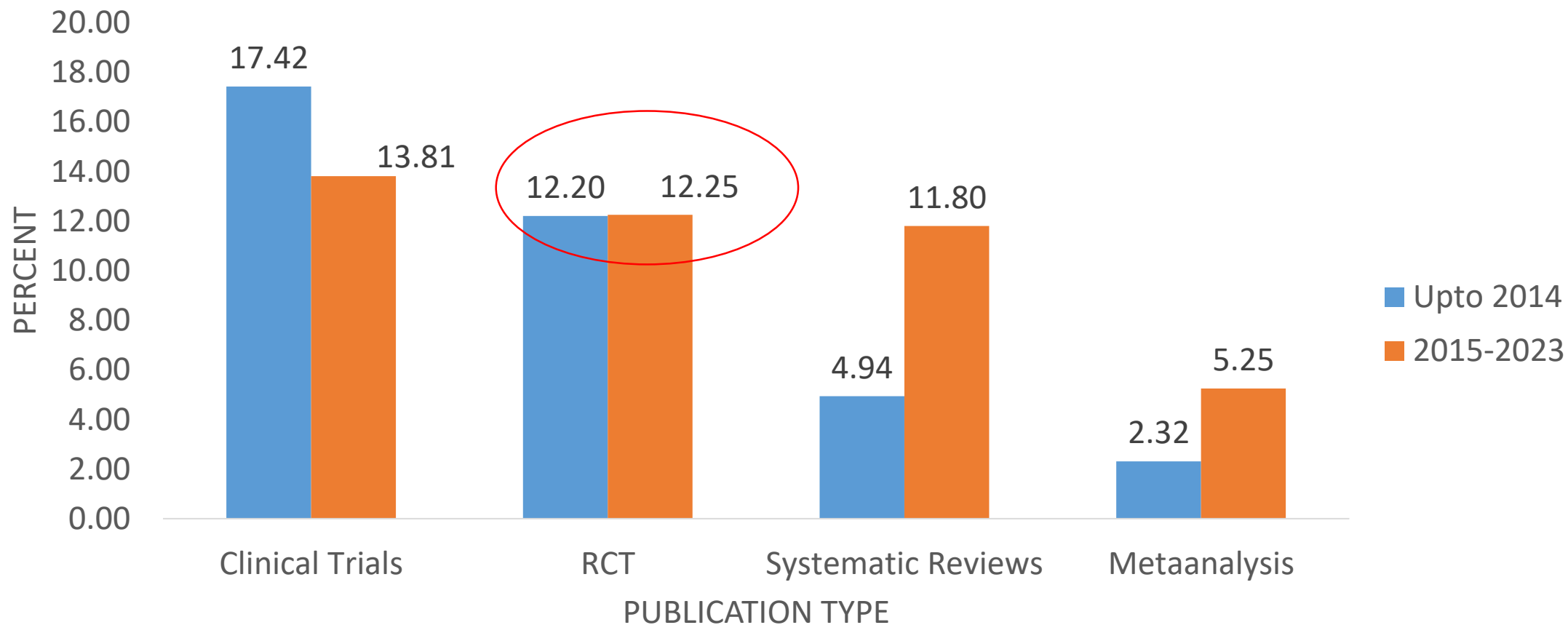
# Total increase in percentage of publications on YOGA in Pubmed from upto 2014 and last 8 years 2015-2023



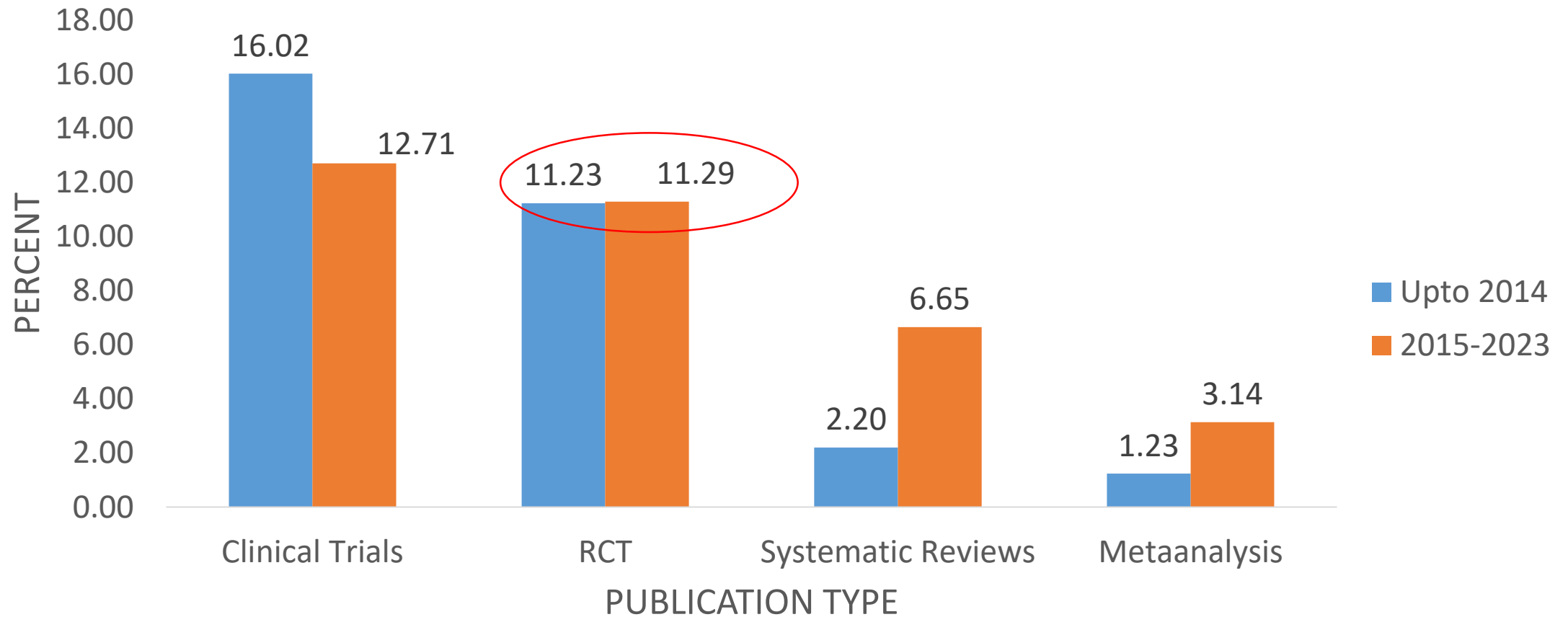
# Total increase in percentage of publications on MEDITATION in Pubmed from upto 2014 and last 8 years 2015-2023



# Comparison of proportion of article types on YOGA published in Pubmed upto 2014 and between 2015-2023

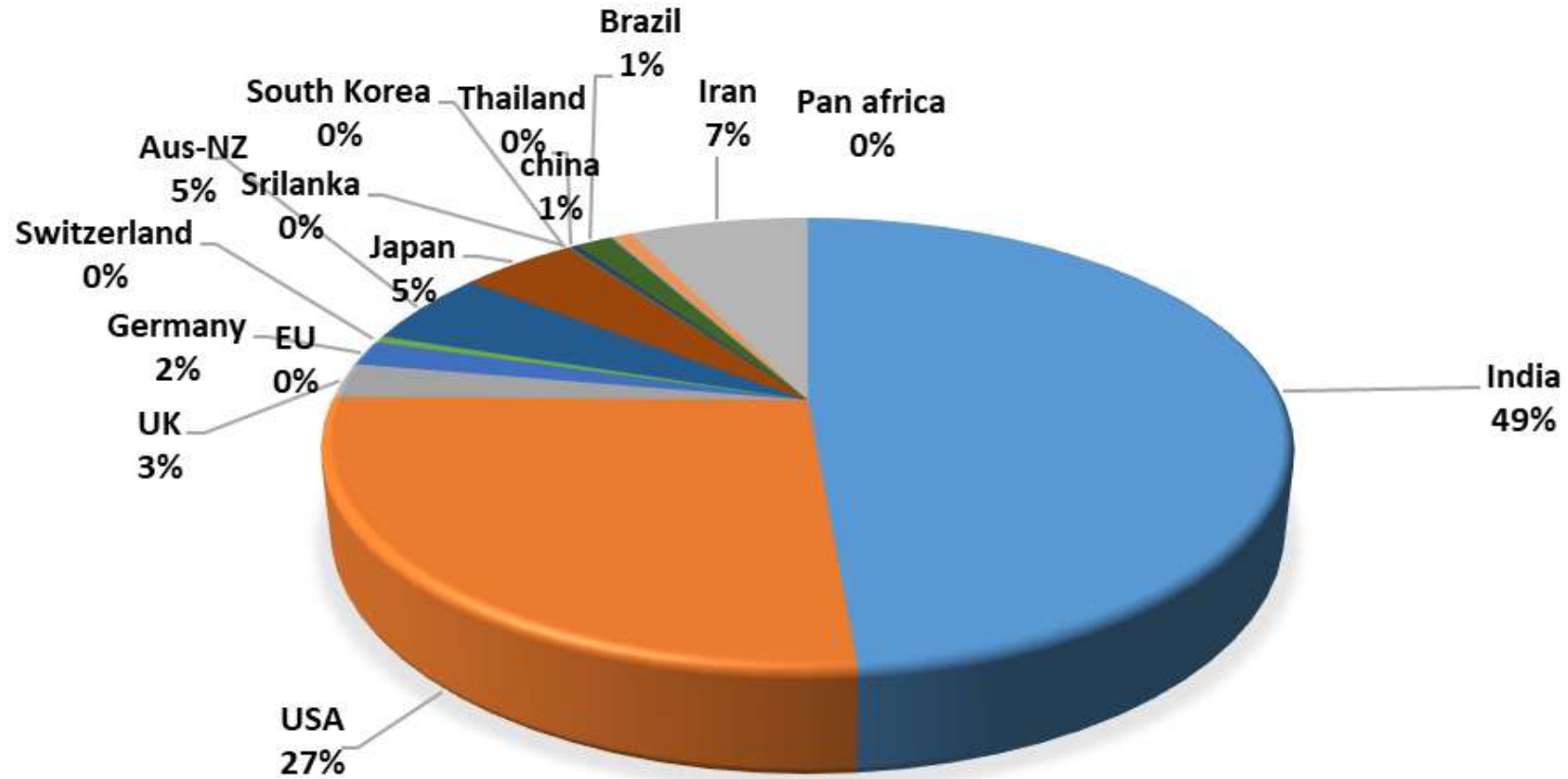


# Comparison of proportion of article types on MEDITATION published in Pubmed upto 2014 and between 2015-2023

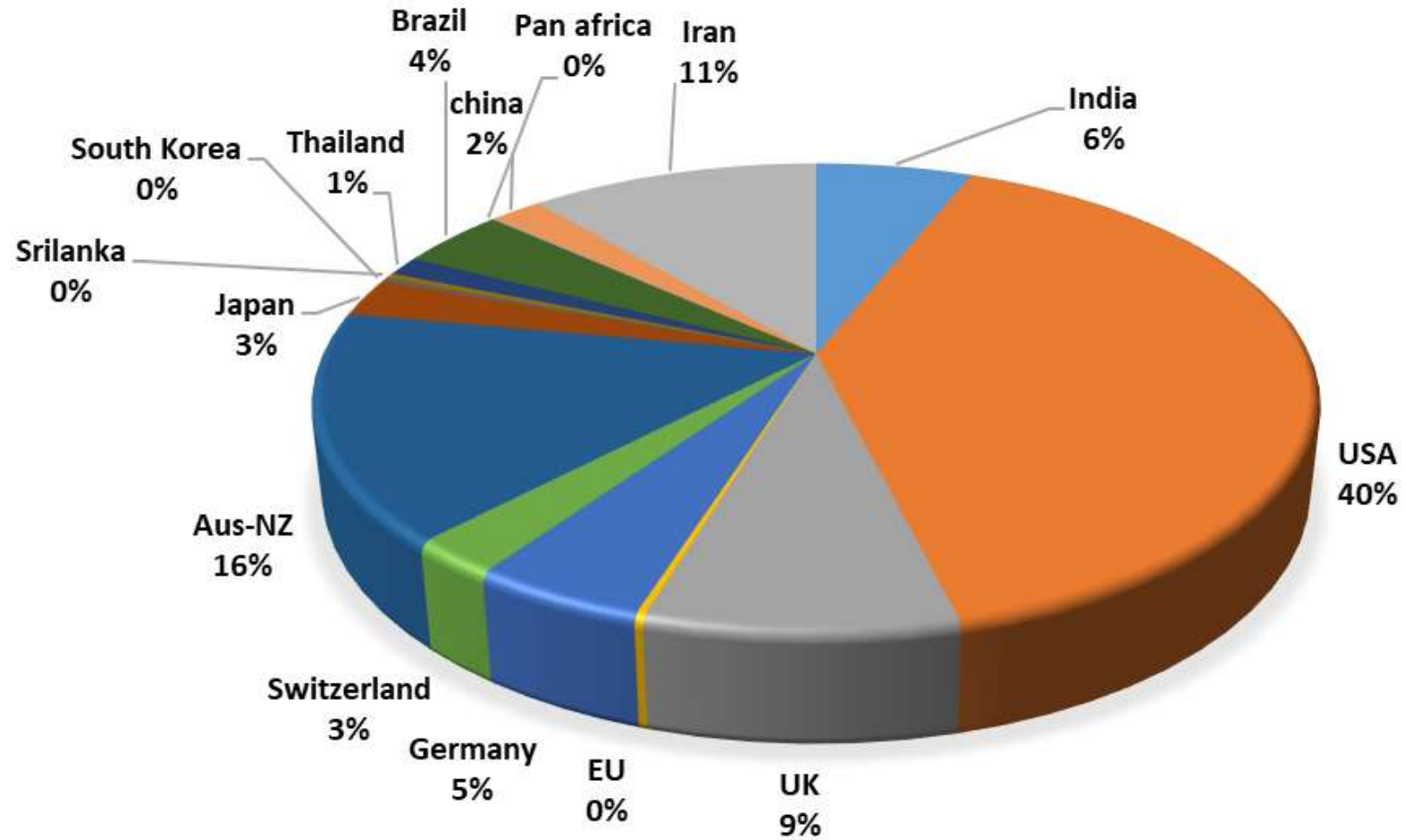




## PROPORTION OF TRIALS ON YOGA- COUNTRYWISE



## PROPORTION OF TRIALS ON MEDITATION- COUNTRYWISE



# CLINICAL TRIALS IN COCHRANE LIBRARY

S.No	Category	Cochrane Reviews	Cochrane Protocols	Trials Cochrane Library	INHealth system evidences
1	Yoga	50	7	3965	6
2	Meditation	26	1	3531	9

# Summary

## **Problems**

- Lack of RCTs
- Multicentric RCTs for level 1 evidence even lesser
- Repetitive Metaanalysis and Reviews
- Small pilot studies

## **Solution**

- Collaboration between Yoga institutes and Medical fraternity
- BNYS and MD/PhD Yoga manpower to be harnessed
- RCTs/ Large Multicentric studies to be carried out
- Clinical Outcome studies to be carried out
- Centres like CMBIY in AIIMS and other institutes to be set forth