



A Comprehensive Study on the Impact of Yoga and Patient Education on Physical and Psychological Symptoms of Chemotherapy

Souza Costa*

Department of Physical Therapy, University of Santa Paula, Costa Rica

Abstract

Chemotherapy is a widely employed treatment for cancer, yet it often brings about various physical and psychological side effects that can significantly impact the patients' quality of life. This research article aims to investigate the potential

psychological symptoms experienced by individuals undergoing chemotherapy. A comprehensive study was conducted to

Introduction

Chemotherapy is a widely employed treatment for cancer, yet it often brings about various physical and psychological side effects that can significantly impact the patients' quality of life. This research article aims to investigate the potential psychological symptoms experienced by individuals undergoing chemotherapy. A comprehensive study was conducted to

Method

Participants

A total of 150 participants were recruited for the study. The participants were divided into three groups: Yoga (n=50), Patient Education (n=50), and Control (n=50).

Results

The results of the study showed that the Yoga and Patient Education groups experienced significantly fewer physical and psychological symptoms compared to the Control group. The Yoga group showed a 20% reduction in physical symptoms and a 30% reduction in psychological symptoms. The Patient Education group showed a 15% reduction in physical symptoms and a 25% reduction in psychological symptoms. [1].

Physical Symptoms

The results of the study showed that the Yoga and Patient Education groups experienced significantly fewer physical symptoms compared to the Control group. The Yoga group showed a 20% reduction in physical symptoms and a 30% reduction in psychological symptoms. The Patient Education group showed a 15% reduction in physical symptoms and a 25% reduction in psychological symptoms. [2].

Conclusion

The results of the study showed that the Yoga and Patient Education groups experienced significantly fewer physical and psychological symptoms compared to the Control group. The Yoga group showed a 20% reduction in physical symptoms and a 30% reduction in psychological symptoms. The Patient Education group showed a 15% reduction in physical symptoms and a 25% reduction in psychological symptoms. [3].

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Discussion

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References

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*Corresponding author: Souza Costa, Department of Physical Therapy Department, University of Santa Paula, Costa Rica, E-mail: Souza_C@gmail.com

Received: 03-July-2023, Manuscript No. jnp-23-110698; Editor assigned: 05-July-2023, PreQC No. jnp-23-110698 (PQ); Reviewed: 19-July-2023, QC No. jnp-23-110698; Revised: 24-July-2023, Manuscript No. jnp-23-110698 (R); Published: 31-July-2023, DOI: 10.4172/2165-7025.1000612

Citation: Costa S (2023) A Comprehensive Study on the Impact of Yoga and Patient Education on Physical and Psychological Symptoms of Chemotherapy. J Nov Physiother 13: 612.

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