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Effect of yoga as a complementary therapy in prostate cancer survivors: a systematic review

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Abstract

Purpose: Currently, available evidence suggests a positive impact of yoga on physical and psychological well-being in patients across different types of cancer, especially breast cancer survivors. However, there are no available systematic reviews on the effects of yoga on male prostate cancer survivors. The objective of the current systematic review is to specifically examine the quality of life, feasibility, and other effects of yoga on prostate cancer survivors.

Methods: Bibliographic databases such as PubMed/Medline, CINAHL, EMBASE, Cochrane Library, and Google Scholar were searched for studies that were conducted till December 2022 to assess the effect of yoga on prostate cancer survivors. Studies that met predefined eligibility criteria were included. The quality of the included studies was assessed by the Cochrane risk of bias tool, and for single-arm studies, the Newcastle-Ottawa Scale was used.

Results: A comprehensive literature search yielded a total of 137 studies. After careful consideration, this review included five studies involving 129 prostate cancer survivors. The included studies were published between 2012 and 2022. This systematic review observed that yoga has the potential to enhance erectile function, reduce fatigue and urinary symptoms, alleviate psychological stress, boost immune function, and improve the overall quality of life in prostate cancer survivors. Furthermore, it demonstrates the feasibility of incorporating yoga into their regular routine.

Conclusions: Yoga could be an effective complementary therapy in the management of physical and psychological symptoms experienced by prostate cancer survivors. However, until more comprehensive evidence becomes available, it would be premature to draw definitive conclusions about the effectiveness of yoga in the context of prostate cancer (PCa).

Keywords: Cancer; Erectile function; Prostate cancer; Quality of life; Systematic review; Yoga.

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