



RESEARCH CHRONICLES

EDITORIAL

With over 300 clinical trials currently exploring its effectiveness, yoga therapy is gaining momentum as a complementary approach to managing chronic diseases, mental health conditions, and lifestyle disorders. Despite growing evidence, integrating it into mainstream medical practice remains a challenge.

A major roadblock is perception—many still view yoga as a spiritual or fitness activity rather than a structured, evidence-based therapeutic intervention. While research highlights its benefits for conditions like hypertension, metabolic syndrome, and musculoskeletal disorders, the lack of standardized protocols and regulatory frameworks limits wider adoption. Accessibility and affordability, especially in resource-limited settings, further hinder its reach.

Still, change is underway. Increased funding for integrative medicine, collaborations between modern healthcare and traditional systems, and growing interest from medical professionals are showing way for broader acceptance. The focus now must be on ensuring quality education, conducting rigorous clinical trials, and achieving policy-level recognition—so yoga therapy can be seen as a credible healthcare option.

As researchers, clinicians, and policymakers, it is our shared responsibility to bridge the gap between research and real-world application. Through interdisciplinary collaboration and evidence-driven advocacy, we can move yoga therapy from the margins to the mainstream—where it belongs.



Dr. INDRANIL BASU RAY
Editor-in-Chief

Cardiologist and Interventional Electrophysiologist,
Director of Cardiovascular Research,
Director; Clinical Cardiology Electrophysiology Laboratory,
Lt. Col. Luke Weathers, Jr. VA Medical Center.
Adjunct Professor; School of Public Health, University of
Memphis,
Adjunct Assistant Professor of Medicine (Cardiology)
University of Tennessee Health Sciences Center.
G 401 A, 4th floor, Bed Tower; 1030 Johnson Ave, Memphis,
TN 38104

EDITOR : DR. ADITI GARG

WHAT'S INSIDE ➔

Interview of
Dr. Pradeep Nair

Cancer Therapy
with Yoga

Exciting News

Why is research an essential skill for naturopaths, and how does it enhance clinical practice?

Traditional medicine is often viewed as anecdotal. However, integrating research into naturopathic practice strengthens the confidence of physicians, policymakers, and patients. Transforming anecdotal therapies into evidence-based interventions not only validates their effectiveness but also promotes wider acceptance in mainstream healthcare systems.

Can you share some significant research studies in naturopathy that have influenced healthcare policies or clinical guidelines?

Several studies from institutions like the University of Technology Sydney, SHMCNYS Bhopal, and SVYASA University in Bangalore have had a meaningful impact on healthcare policies. One such study worth highlighting is by Salwa and Nair, which showcases the integration of naturopathic approaches into clinical frameworks. (<https://www.degruyterbrill.com/document/doi/10.1515/jcim-2017-0019/html>)

What are the common barriers naturopaths face in engaging with research, and how can structured research training help overcome them?

The most common barriers include a lack of trained faculty, limited awareness about the importance of research, and insufficient institutional support. Structured research training programs—such as the fellowship offered by AYM—can empower naturopaths with the necessary skills to conduct impactful studies, generate credible data, and advocate for evidence-based reforms in practice.

How can naturopaths integrate evidence-based practices into their treatments while maintaining traditional principles?

Naturopathy comprises a diverse set of therapies under one holistic system. Strengthening the evidence base for these therapies enables practitioners to select the most clinically effective treatments, rather than relying solely on anecdotal traditions. This approach maintains the core principles of naturopathy while elevating its credibility and effectiveness in patient care.

How can young naturopaths and students be encouraged to pursue research alongside clinical practice?

The future of medicine is evidence-based. For young naturopaths and students, engaging in research is not just about enhancing knowledge—it's about staying competitive, advancing their careers, and standing out among peers. Structured research exposure during training can instill critical thinking and encourage lifelong learning.

Are there specific areas in naturopathy that require more research attention, such as metabolic disorders, mental health, or chronic disease management?

Yes. There is a pressing need to expand research in key areas such as chronic disease management, mental health, metabolic disorders, and most importantly, the epistemology of naturopathy itself. Understanding and defining the scientific underpinnings of naturopathic interventions will be crucial for their global integration.

What is your vision for the future of naturopathic research in India, and how can institutions and practitioners work together to achieve it?

Naturopathy is a powerful system of medicine with immense potential. To realize this potential, faculties and practitioners must actively contribute to building its evidence base. In India, where the number of yoga and naturopathy researchers is still limited, every professional should consider contributing to clinical research. Collaborative efforts between academic institutions, clinicians, and policymakers will be key in driving the future of naturopathic research forward.



Dr Pradeep Nair

BNYS, MSc (Clin. Res), PhD (Health Science) Chief Medical Officer & Head, Research & Development
Miracle Integrated Health Center,
Pollachi, Coimbatore



Yoga Therapy in Cancer

Yoga has emerged as a valuable complementary therapy in cancer care, offering physical, emotional, and psychological benefits to patients undergoing treatment and survivors. Research suggests that yoga can help alleviate cancer-related fatigue, improve sleep quality, reduce stress, and enhance overall well-being. Through gentle movement, breathwork, and meditation, yoga supports immune function, reduces inflammation, and helps manage treatment side effects such as pain, nausea, and anxiety.

The therapeutic effects of yoga are mediated through several biological mechanisms. Controlled breathing (pranayama) activates the parasympathetic nervous system, reducing cortisol levels and dampening chronic stress, which is known to promote inflammation and tumor progression. Physical postures (asanas) improve circulation, lymphatic drainage, and musculoskeletal health, potentially aiding in detoxification and reducing lymphedema, a common issue in cancer patients. Meditation and mindfulness practices enhance neuroplasticity, reduce sympathetic overactivity, and modulate the hypothalamic-pituitary-adrenal (HPA) axis, leading to improved emotional resilience and pain perception. Furthermore, yoga has been shown to increase gamma-aminobutyric acid (GABA) levels in the brain, which helps alleviate anxiety and depression. By integrating these mechanisms, yoga serves as a holistic intervention that supports both the body and mind in cancer care.

Incorporating yoga into cancer care requires a patient-centered approach, considering individual needs, treatment phases, and physical limitations. Cancer centers and wellness clinics can offer specialized yoga programs led by trained instructors who understand the unique challenges faced by cancer patients. Gentle, restorative yoga practices, including chair yoga and guided breathing exercises, can be integrated into daily routines to accommodate those with limited mobility or fatigue. Virtual sessions and mobile applications provide accessible options for home practice, ensuring continuity of care. Additionally, oncologists and healthcare providers can collaborate with yoga therapists to develop personalized regimens that align with medical treatments. By embedding yoga into cancer care, patients can experience improved physical function, emotional stability, and a greater sense of empowerment throughout their healing journey.

ADVANCING LIFESTYLE MEDICINE THROUGH HIGH-QUALITY RESEARCH: PRINCIPLES, PITFALLS, AND POSSIBILITIES

OUR NEXT SPEAKER FOR **26TH APRIL**


INTEGRATIVE MEDICINE RESEARCH FESTIVAL



Speaker
Dr. Supriya Bhalerao

is an Ayurveda expert and researcher and Professor at Interactive Research School of Health Affairs (IRSHA), Bharati Vidyapeeth Deemed University, Pune.

 **26 April 2025**

 **7:00 – 8:00 PM IST**

JOIN OUR FIRESIDE CHAT



Date
12 April, 2025



Time
8 PM IST | 9:30 AM CST

Unleash the Power of Research to Secure Your Residency!
Got questions about US residency?

Get all your doubts cleared in one session

Congratulations

Our Article is Published Now

Want to read complete article

<https://pubmed.ncbi.nlm.nih.gov/40132783/>



Current Problems in Cardiology
Volume 50, Issue 6, June 2025, 103036



Invited Review Article

Yoga in Obesity Management: Reducing cardiovascular risk and enhancing well-being- A review of the current literature

Ganagarajan Inbaraj^{a,1}, Sarita Bajaj^{b,1}, Puneet Misra^c, Nandini kandimalla^d, Abhishek Thapa^e, Anit Ghosal^f, Urveesh Sharma^g, Pascal charles^h, Harish Pobbatiⁱ, Intkhab Hashmi^j, Bhavit Bansal^k, Jacques de Vos^l, Debasmita De^m, Omar Elshafeiⁿ, Aditi Garg^o, Indranill Basu-Ray^{p,1}  