



## Yoga Specific Therapy on Fibromyalgia

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**Statement of the Problem:** Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Research show that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. It's not easy to spot fibromyalgia. This is one of those disease that doesn't have many visible signs. Most symptoms of fibromyalgia, includes pain, muscle tenderness, and fatigue. These signs are hard to see and spot on in day to day life and confusing as well. Although fibromyalgia isn't fatal, it can have serious, lifelong effects. A painful disease like arthritis or an infection raises your chances of getting fibromyalgia. emotional or physical abuse. Children who are abused are more likely to have the condition when they grow up. This may happen because abuse changes the way the brain handles pain and stress. **Methodology and Theoretical Orientation:** Numerous body types and physiological variations like height, weight and limb length diagnosed with Fibromyglia were tested and prescribed with specific stretching technique.

**Findings:** People who started this yoga specific muscle stretches were found to have reduced pain which was equivalent to the pain reduced my drugs.

**Conclusion and Significance:** Patients who were diagnosed with fibromyalgia and underwent yoga specific stretches were able to control their muscle pain caused by fibromyalgia significantly and more efficiently than under generalized exercise pattern.

Fibromyalgia is a disorder predominantly characterized by

musculoskeletal pain, fatigue, sleep problems, memory problems and mood issues. It also can cause psychological stress along with morning stiffness, tingling or numbness in the extremities, headaches.

Fibromyalgia affects almost 11 million to 15 million Americans. The annual costs for health care also very high. The definite cause of fibromyalgia is presently unknown, but it is believed that heredities and physical/emotive stress may play a role.

Some research advises that the most effective treatment for fibromyalgia involves a combination of medications, physical exercise and development of surviving skills. Here, we precisely focused on yoga to control whether it should be considered as a prescribed treatment and the scope to which it can be successful.

In a research study, it has been proven women who previously diagnosed with fibromyalgia participated in an eight-week yoga program, which included simple poses, meditation and breathing exercises. The result appears yoga cures serious fibromyalgia symptoms, including pain, fatigue, stiffness, poor sleep, depression, poor memory and anxiety and these improvements were shown not only statistically but also clinically significant.

Yoga is more frequently suggested forms of exercise for fibromyalgia (FMS). It can be a good, gentle way to stretch your body and loosen up tight muscles and joints. It also helps with balance and strength, and, as you become more advanced, it can provide you with a cardiovascular workout as well.

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**Received** September 8, 2020; **Accepted** September 20, 2020; **Published** September 25, 2020

**Citation:** Ozturk T (2020) Yoga Specific Therapy on Fibromyalgia. Biochem Physiol 9: 267.

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