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## **Holistic Role of Yoga Therapy in Improving Kidney Function, Physical and Psychological Condition of Patients with Chronic Kidney Disease: A Systematic Review and Meta-Analysis**

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**Objectives :** Chronic kidney disease (CKD) has become a global concern with increasing cases. In addition to conventional medicine, complementary approaches with mind-body therapy, including Yoga, are one of the potential therapies to improve CKD conditions represented. This review evaluates the holistic role of Yoga therapy in improving kidney function, physical condition, and psychological conditions of patients with chronic kidney disease.

**Methods :** A systematic review and meta-analysis to assess the CKD patients who received Yoga intervention. Data related to study characteristics, kidney function (serum creatinine (SC) and blood urea nitrogen (BUN) levels), physical condition scores, and psychological conditions of patients were extracted and further analyzed using Review Manager 5.4 software.

**Results :** A total of 7 studies involving 419 CKD patients were included. The results of the analysis showed that BUN and SC levels decreased significantly in patients with Yoga compared to the control group with a standardized mean difference (SMD) of -1.29 (95%CI: -2.54 to -0.05; p = 0.04) and -1.21 (95%CI: -2.10 to -0.32; p = 0.008) respectively. The physical and psychological condition scores after intra and extra-dialysis Yoga therapy were found to have increased significantly compared to before the intervention with a standardized mean difference of 2.47 (95%CI: 0.11-4.82; p = 0.04) and 3.14 (95%CI: 0.10-6.17; p = 0.04) respectively.

**Conclusions :** Yoga therapy can reduce BUN and SC levels and intra and extra-dialysis Yoga therapy can improve the physical and psychological conditions of CKD patients.

Figure 1. Kidney Function.jpg

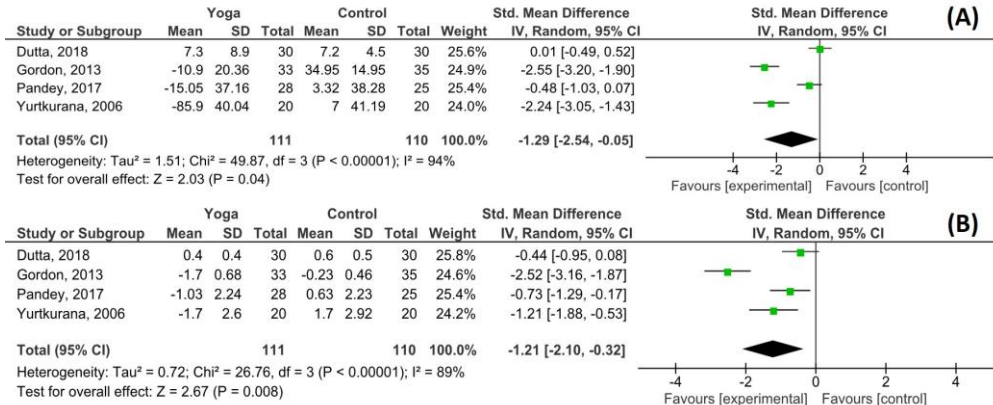


Figure 1. Kidney Function.jpg

