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Yoga can reduce the effects of chemotherapy: Experts

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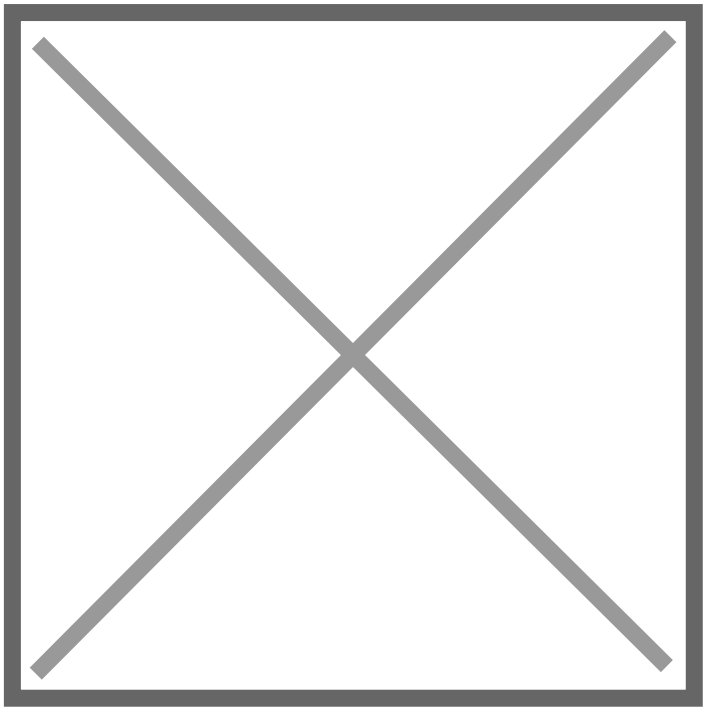

According to an IANS report, an ancient practice of yoga could cure the side effects of chemotherapy in several kinds of cancer and increase patient's lifespan In a recent study, researchers have proved that Yoga was beneficial for a plethora of 101 health problems such as improvement in lymphatic circulation, lower Blood Pressure (BP), lubricate joints and comfort the scoliosis pain in the body.

Across the world, researchers have advised various nations to integrate yoga with the modern medicines. Treatments are supported by Yoga as shown in the evidences, and patients are helped to tackle different deadly diseases.

"It is not just the Indians even the Americans and Europeans who have studied to conclude that during chemotherapy Yoga has really helped to decrease seasickness and stomach infections. It has not only helped in reduction of pain and nervousness in the patients but also raise the immunity and toleration power. Practicing Yoga continuously would help the patients' health," said Dr PK Jhulka, famous oncologist and former dean, All India Institute of Medical Sciences (AIIMS).

"Yoga is the strongest toll to enhance the health and build self-confidence," said Dr Sunil Mittal, a well-known psychiatrist and chairman, Cosmos Institute of Mental and Behavioral Sciences (CIMBS). "It has been proven that patients with continuous Yoga practice have recovered from body immunity failure. The general science has improved strength in the body, and helped to show positivity in the patients during heart treatment," explained Dr Mittal.

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