Yoga is one of the oldest therapies and has been practiced for millennia to promote physical and mental health. Yoga decreased cancer-related symptoms and treatment-related adverse effects, such as fatigue and nausea, and enhanced general well-being and quality of life. However, the duration of the yoga intervention in these investigations was maximum six intervention. In this study, the yoga intervention was given for one year.

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References:

Conclusions:
Yoga may be an important adjunct therapy used in conjunction with cancer treatment to help patients with cancer-related fatigue, improve their immunological profile, and improve their overall quality of life during treatment.
In the management of cancer-treatment-related side effects, yoga asanas are considered as a cost-effective and non-invasive adjunct therapy.
Further studies are needed to validate these findings in a larger population.