

Studien zu Yoga und Multiple Sklerose (MS)

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Oken BS; Kishiyama S; Zajdel O; Bourdette O; Carlsen J; Haas M; Hugos C; Kraemer DF; Lawrence J; Mass M

Randomized controlled trial of yoga and exercise in multiple sclerosis.

Subjects with clinically definite MS and Expanded Disability Status Score less than or equal to 6.0 were randomly assigned to one of three groups lasting 6 months: weekly Iyengar yoga class along with home practice, weekly exercise class using a stationary bicycle along with home exercise, or a waiting-list control group. Outcome assessments performed at baseline and at the end of the 6-month period. Sixty-nine subjects were recruited and randomized. Twelve subjects did not finish the 6-month intervention. There were no adverse events related to the intervention. There were no effects from either of the active interventions on either of the primary outcome measures of attention or alertness. Both active interventions produced improvement in secondary measures of fatigue compared to the control group: Energy and Fatigue (Vitality) on the SF-36 and general fatigue on the MFI. There were no clear changes in mood related to yoga or exercise. Subjects with MS participating in either a 6-month yoga class or exercise class showed significant improvement in measures of fatigue compared to a waiting-list control group.

Clin Neurol Neurosurg. 2010 Sep;112(7):597-601 Velikonja O , Curie K, Ozura A, Jazbec SS.

Influence of sports climbing and yoga on spasticity, cognitive function, mood and fatigue in patients with multiple sclerosis.

To find out whether nonpharmacological treatment approaches can reduce the symptoms we investigated effects of sports climbing (SC) and yoga on spasticity, cognitive impairment, mood change and fatigue in MS patients. Sports climbing (SC) and yoga are aerobic physical activities comprised a series of stretching techniques, implementation of which demands body control and planning of complex movements. 20 subjects with relapsing-remitting or progressive MS, 26-50 years of age, with EDSS ≤ 6 and EDSS pyramidal functions score (EDSS-pyr) ≥ 2 were enrolled in a randomized prospective study. We evaluated spasticity, cognitive function, mood and fatigue before and after both programs, that lasted 10 weeks, with standardized assessment methods. There were no significant improvements in spasticity after SC and yoga. There were no differences in executive function after the completion of both programs. There was a 17% increase in selective attention performance after yoga ($p=0.005$). SC reduced fatigue for 32.5% ($p=0.015$), while yoga had no effect. We found no significant impact of SC and yoga on mood.