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# **A Systematic Review on the Effectiveness of Yoga for Endometriosis-Associated Symptoms**

Philippa Murfitt and Sarah Smith

*Institute of Health, University of Cumbria, UK*

## **Abstract**

**Purpose:** To evaluate the effectiveness of Yoga on endometriosis-related symptoms: pain, quality of life (QoL), and mental health.

**Methods:** *Data Sources:* PubMed, ScienceDirect, MEDLINE, CINAHL, Cochrane, ProQuest Central. *Independent journals:* International Journal of Women's Health (IJoWH), Journal of Bodywork and Movement Therapies (JoBMT), International Journal of Yoga (IJoY). All searched in March 2022. *Study Selection:* Randomised controlled trials (RCTs), comparative studies, and systematic reviews (SR) conducted interventions using Yoga and its effect on Primary Dysmenorrhea (PD), Secondary Dysmenorrhea (SD), Endometriosis, and Chronic Pelvic Pain (CPP). *Synthesis Method:* This SR followed the PRISMA 2020 guidelines. Included studies were assessed for methodology quality using the Physiotherapy Evidence Database Scale (PEDro). Search results reviewed, and selection using predefined inclusion/exclusion criteria. Research (PM) independently analysed and extracted data. Data was inputted into tabular form. Critical analysis of findings completed textually.

**Results:** In total, 428 studies screened. 10 studies were selected for final evaluation involving 606 participants. Risk of bias assessment determined all were externally valid; with 2 studies of 'fair' quality, 3 studies of 'good' quality, and 5 studies of 'excellent' quality based on internal validity and statistical reporting.

**Conclusion(s):** 10 Studies found Yoga to be effective in improving QoL and symptoms in endometriosis, PD and CPP. Implicating the need for conservative management guidelines to be updated incorporating yoga in physio-therapeutic management. More research is needed into the effect on stage of endometriosis as well as comparison to other conservative management techniques.

**Impact:** Identifies movement therapy to be effective for dysmenorrhea management thereby indicating physiotherapy lead practice has the ability to aid

severity of symptoms experienced and improve QoL. Further analysis is needed to differentiate symptoms verse disease staging, specific to endometriosis, highlighting a need for further research.