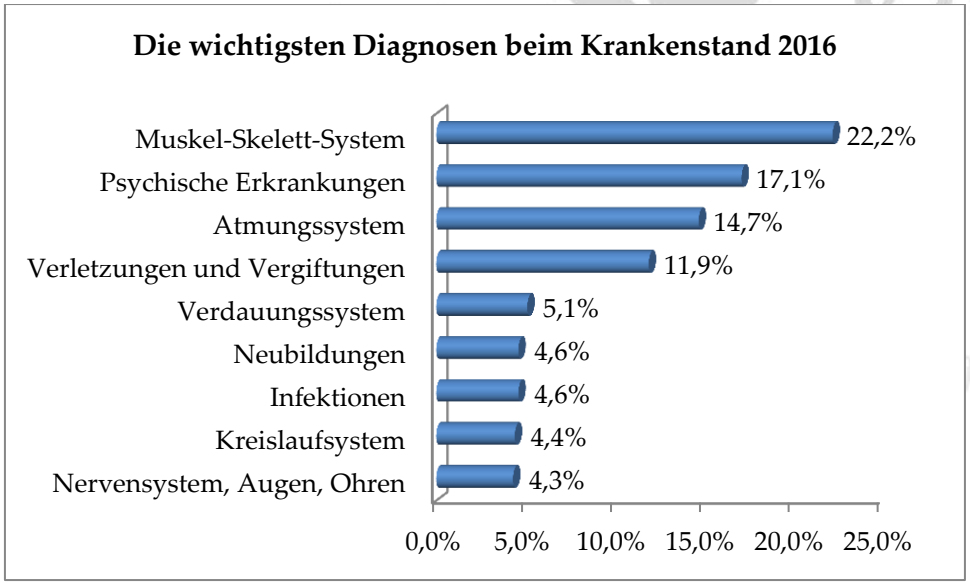
Yoga in der Wissenschaft – eine Studienübersicht nach Forschungsthemen (ab 2011)

Viele der heutigen Leiden wie Herz-Kreislauf-Erkrankungen, Rückenschmerzen oder die immer stärker in den Mittelpunkt rückenden psychischen Erkrankungen entstehen häufig lebensstilbedingt durch mangelnde Bewegung, falsche Ernährung und vor allem durch chronischen Stress und Leistungsdruck. Um diesem Trend etwas entgegenzusetzen, suchen die Menschen nach wirksamen Methoden der Entspannung und Entschleunigung. So praktizieren heute über 2,6 Millionen Menschen in Deutschland Yoga {Klatte et. al 2016}. Die Krankenkassen bezuschussen es präventiv als Entspannungsmethode. Um dieser stetig steigenden Nachfrage in der Bevölkerung einen wissenschaftlichen Erklärungsansatz zu liefern, haben inzwischen auch die Medizin, die Psychologie und die Neurowissenschaft das ganzheitliche Yoga als beliebtes Forschungsfeld für sich entdeckt. Und so entstanden in den vergangenen Jahren immer mehr Studien mit steigender Qualität und ermöglichen zunehmend valide, verallgemeinernde Aussage zur Wirksamkeit von Yoga. Dennoch ist in vielen „Systematischen Reviews“ und „Metaanalysen“[1] der fast verzweifelte Ruf nach quantitativ und qualitativ höherwertigen Studien zu vernehmen, so seien umfangreichere Studien mit einer längeren Zeit der medizinischen Beobachtung notwendig.

[1] Systematische Reviews und Metaanalysen sind eine Zusammenfassung und Bewertung von Forschungsergebnissen oder Therapieeffekten aus verschiedenen Einzelstudien und weisen die höchste Beweiskraft von allen wissenschaftlichen Arbeiten auf.

Yoga ist eine ganzheitliche und komplexe „Gesundheitsmethode“, die sich nicht allein auf körperliche Bewegungsabläufe reduzieren lässt, sondern vielmehr tief in fast alle Lebensbereiche hineinwirkt. Beim ganzheitlichen Yoga handelt es sich um eine Kombination aus Bewegungs-, Atmungs- und Achtsamkeitsübungen, im weiteren Sinne gehören aber auch gesunde Ernährung, Bewusstheit im Alltag, positives Denken und Spiritualität dazu. Die wissenschaftliche Forschung sieht sich mit der Herausforderung konfrontiert, diese ganzheitliche und vielschichtige Wirkung von Yoga wissenschaftlich solide messbar zu machen. Die bisher als optimalste Grundlage zum Nachweis der Wirksamkeit medizinischer Behandlungen herangezogene Messmethode, wie die randomisierte, kontrollierte Studie, stößt häufig an Grenzen, wenn es gilt, die Komplexität, in der Yoga wirkt, wissenschaftlich fundiert zu erfassen.

Folgt man dem jährlich erscheinenden Gesundheitsbericht der DAK (siehe Abbildung) sind Erkrankungen des Muskel-Skelett-Systems der häufigste Grund für Krankschreibungen (22,2 Prozent). Rückenschmerzen stellen hierbei den mit Abstand größten Teilkomplex dar.



Quelle: Eigene Darstellung in Anlehnung an DAK-Gesundheitsreport 2017

Psychische Erkrankungen rückten im letzten Jahr auf Platz zwei der Krankschreibungen vor (17,1 Prozent), bei den Frauen sogar auf Platz eins. Betrachtet man diesen diagnostizierten Krankheitsbefund in der Bevölkerung liegt der Verdacht nahe, dass die

zunehmende Popularität von Yoga und die Diagnosen positiv korrelieren, denn zu den bisher am besten erforschten Themengebiete des Yoga gehören unter anderem Rückenschmerzen, Herz-Kreislauf-Leiden und psychische Erkrankungen. Hier gibt es inzwischen eine Reihe von validen teils vergleichenden Studien, die den positiven Effekt von ganzheitlichem Yoga bestätigen. [2]

Herz-Kreislauf-Erkrankungen

Im Rahmen einer vergleichenden Studie werteten Wissenschaftler des Erasmus Medical Center in Rotterdam und der Harvard School of Public Health in Boston die Ergebnisse von insgesamt 2579 Probanden aus {Younge et al. 2015}. Die Forscher kamen zu dem Ergebnis, dass die Probanden bessere Blutfettwerte, ein geringeres Gewicht und einen besseren Blutdruck aufwiesen. Ein zentraler Risikofaktor von Herzerkrankungen ist das Übergewicht. Hier konnten Forscher kürzlich in einer randomisierten Studie anhand des Yoga-Vidya-Stils zeigen, dass die Teilnahme an einer intensiven 12-wöchigen Yoga-Intervention bei Frauen mit zentraler Adipositas zu einer positiven Veränderung der anthropometrischen Maße, der Lebensqualität und der mentalen Gesundheit führt {Cramer, Thoms et al. 2016}. Ein weiterer Risikofaktor für Herzerkrankungen stellt die Zuckerkrankheit, Díabetes mellitus Typ 2, dar. Zahlreiche Studien zeigen auch hier, dass Yoga erheblich zur Verbesserung dieser Krankheit beitragen kann {Innes 2016}.

Rückenschmerzen

Meditation, Yoga und kognitive Verhaltenstherapie helfen einer 26-wöchigen Studie zufolge besser gegen chronische Rückenschmerzen als die herkömmliche Standardbehandlung. Zu diesem Ergebnis kamen Wissenschaftler aus Seattle. 342 Patienten nahmen an dieser Studie teil, sie waren zwischen 20 und 70 Jahre alt und litten im Schnitt seit sieben Jahren an Schmerzen im unteren Rücken {Cherkin 2016}. Auch Wissenschaftler der University of Maryland School of Medicine stellten in ihrer Meta-Analyse von zwölf randomisierten kontrollierten Studien jüngst fest, dass Yoga bei der Behandlung von chronischen Rückenschmerzen zu gesundheitlichen Vorteilen führen kann {Wieland 2017}.

[2] Siehe Abschnitt „Systematische Reviews und Meta-Analysen“.

Psychische Erkrankungen

Dass ganzheitliches Yoga entscheidend zur mentalen Gesundheit beitragen kann zeigen eine Vielzahl von validen Studien und zu diesem Ergebnis kam 2016 auch die erste in deutscher Sprache erschienen Meta-Analyse {Klatte et. al 2016}. Das Institut für Psychosoziale Medizin und Psychotherapie am Universitätsklinikum Jena wertete insgesamt 25 Studien mit 1339 Patienten aus. Die Forscher kamen zu dem Ergebnis: „Körperorientiertes Yoga mit den zentralen Bestandteilen Asanas und Pranayama stellt einen vielversprechenden komplementären Ansatz in der Behandlung psychischer Störungen dar, den es in weiteren qualitativ hochwertigen Studien zu untersuchen gilt." Es wurden Patienten mit psychiatrischen Diagnosen wie Depression, Schizophrenie, Angststörung, Schlaflosigkeit, Essstörungen und posttraumatischer Belastungsstörung untersucht.

Dass die Wirksamkeit von Yoga messbar ist, das zeigt auch eine aktuelle Studie von Neurowissenschaftlern aus den USA. Sie hatten in einer Kurzzeitstudie mit 25 Teilnehmern die Wirkung von Yoga auf demenzbedingten Gedächtnisverlust untersucht. Für die Erhebung nahmen die Probanden zwölf Wochen an einem gezielten Yoga- und Meditationskurs teil. Am Ende der zwölfwöchigen Trainingsphase zeigten die meisten Probanden eine signifikante Verbesserung ihrer Fähigkeiten im Bereich des räumlichen und visuellen Gedächtnisses {Eyre 2016}.

Gerade für körperliche Leiden wie chronische Schmerzen des unteren Rückens, Migräne, Nackenverspannungen oder Bluthochdruck, die nicht immer, aber häufig psychosomatischen Ursprungs sind, kann Yoga eine sehr wirksame Methode darstellen, die Beschwerden zu lindern oder gar zu beseitigen. Und nicht nur bei diesen Diagnosen könnte sich Yoga langfristig weg von der reinen Prävention hin zu einem akut-therapeutischen Verfahren etablieren. Diese Anerkennung als therapeutisches Verfahren kann momentan aber nur mit Hilfe fundierter und valider wissenschaftlicher Studien erreicht werden.

Hanna Mayer, Bad Meinberg im Mai 2017

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Cramer, H., Thoms, M. S., Anheyer, D., Lauche, R., & Dobos, G. (2016). Yoga in Women With Abdominal Obesitya Randomized Controlled Trial. *Deutsches Arzteblatt international*, *113*(39), 645–652. https://doi.org/10.3238/arztebl.2016.0645

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Wieland, L. S., Skoetz, N., Pilkington, K., Vempati, R., D'Adamo, C. R., & Berman, B. M. (2017). Yoga treatment for chronic non-specific low back pain. *The Cochrane database of systematic reviews*, *1*, CD010671. https://doi.org/10.1002/14651858.CD010671.pub2

Younge, J. O., Leening, M. J. G., Tiemeier, H., Franco, O. H., Kiefte-de Jong, J., Hofman, A.,. . . Hunink, M. G. M. (2015). Association Between Mind-Body Practice and Cardiometabolic Risk Factors: The Rotterdam Study. Psychosomatic medicine, 77(7), 775–783. https://doi.org/10.1097/PSY.0000000000000213

Systematische Reviews und Meta-Analysen

Die Kenntnis des jeweiligen Standes der Forschung ist in der wissenschaftlichen Medizin von essentieller Bedeutung, weshalb an dieser Stelle zunächst eine Zusammenstellung verschiedener vergleichsweise aktueller „Systematischer Reviews“ und Meta-Analysen erfolgt mit ihrer kurzen Bewertung der Ergebnisse.

Herz-Kreislauf-Erkrankungen:

Cramer, Holger; Haller, Heidemarie; Lauche, Romy; Steckhan, Nico; Michalsen, Andreas; Dobos, Gustav (2014):

A systematic review and meta-analysis of yoga for hypertension.

In: *American journal of hypertension* 27 (9), S. 1146–1151. DOI: 10.1093/ajh/hpu078.

Bewertung:

Larger studies are required to confirm the emerging but low-quality evidence that yoga may be a useful adjunct intervention in the management of hypertension.

Deutsch, Steven Brent; Krivitsky, Eric Lawrence (2015):

The impact of yoga on atrial fibrillation. A review of The Yoga My Heart Study.

In: *Journal of arrhythmia* 31 (6), S. 337–338. DOI: 10.1016/j.joa.2015.05.001.

Bewertung:

Atrial fibrillation is a common arrhythmia affecting thousands of individuals worldwide. It is a conduction disorder that causes the heart to beat irregularly and rapidly. There are a few medical approaches to manage this costly health care burden: antiarrhythmics to maintain normal sinus rhythm, beta blockers to achieve rate control while allowing atrial fibrillation to persist, and electro-physiologic intervention for rate and rhythm control. These treatments can be costly and are not without side effects. Yoga, an intervention that is available to people worldwide, has shown some promise in combating this widespread heart disorder.

Younge, John O.; Leening, Maarten J. G.; Tiemeier, Henning; Franco, Oscar H.; Kiefte-de Jong, Jessica; Hofman, Albert et al. (2015):

Association Between Mind-Body Practice and Cardiometabolic Risk Factors. The Rotterdam Study.

In: *Psychosomatic medicine* 77 (7), S. 775–783. DOI: 10.1097/PSY.0000000000000213.

Bewertung:

Individuals who do mind-body practices have a favorable cardiometabolic risk profile compared with those who do not. However, the cross-sectional design of this study does not allow for causal inference and prospective, and intervention studies are needed to elucidate the association between mind-body practices and cardiometabolic processes.

Rückenschmerzen / Nackenschmerzen:

Chang, Douglas G.; Holt, Jacquelyn A.; Sklar, Marisa; Groessl, Erik J. (2016):

Yoga as a treatment for chronic low back pain. A systematic review of the literature.

In: *Journal of orthopedics & rheumatology* 3 (1), S. 1–8.

Bewertung:

With few exceptions, previous studies and the recent randomized control trials (RCTs) indicate that yoga can reduce pain and disability, can be practiced safely, and is well received by participants. Some studies also indicate that yoga may improve psychological symptoms, but these effects are currently not as well established.

Cramer, Holger; Lauche, Romy; Haller, Heidemarie; Dobos, Gustav (2013):

A systematic review and meta-analysis of yoga for low back pain.

In: *The Clinical journal of pain* 29 (5), S. 450–460. DOI: 10.1097/ajp.0b013e31825e1492.

Bewertung:

This systematic review found strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for chronic low back pain in the most important patient-centered outcomes. Yoga can be recommended as an additional therapy to chronic low back pain patients.

Cramer, Holger; Klose, Petra; Brinkhaus, Benno; Michalsen, Andreas; Dobos, Gustav (2017):

Effects of yoga on chronic neck pain. A systematic review and meta-analysis.

In: *Clinical Rehabilitation* 81, 026921551769873. DOI: 10.1177/0269215517698735.

Bewertung:

Yoga has short-term effects on chronic neck pain, its related disability, quality of life, and mood suggesting that yoga might be a good treatment option.

Kim, Sang-Dol (2016):

Effects of yoga on chronic neck pain. A systematic review of randomized controlled trials.

In: *Journal of physical therapy science* 28 (7), S. 2171–2174. DOI: 10.1589/jpts.28.2171.

Bewertung:

Evidence from the 3 randomly controlled trials shows that yoga may be beneficial for chronic neck pain. The low-quality result of the critical appraisal and the small number of trials suggest that high-quality RCTs are required to examine further the effects of yoga intervention on chronic neck pain relief.

Wieland, L. Susan; Skoetz, Nicole; Pilkington, Karen; Vempati, Ramaprabhu; D'Adamo, Christopher R.; Berman, Brian M. (2017):

Yoga treatment for chronic non-specific low back pain.

In: *The Cochrane database of systematic reviews* 1, CD010671. DOI: 10.1002/14651858.CD010671.pub2.

Bewertung:

There is low- to moderate-certainty evidence that yoga compared to non-exercise controls results in small to moderate improvements in back-related function at three and six months. Yoga may also be slightly more effective for pain at three and six months, however the effect size did not meet predefined levels of minimum clinical importance. It is uncertain whether there is any difference between yoga and other exercise for back-related function or pain, or whether yoga added to exercise is more effective than exercise alone. Yoga is associated with more adverse events than non-exercise controls, but may have the same risk of adverse events as other back-focused exercise. Yoga is not associated with serious adverse events. There is a need for additional high-quality research to improve confidence in estimates of effect, to evaluate long-term outcomes, and to provide additional information on comparisons between yoga and other exercise for chronic non-specific low back pain.

Psychische Erkrankungen

Cramer, Holger; Anheyer, Dennis; Lauche, Romy; Dobos, Gustav (2017):

A systematic review of yoga for major depressive disorder.

In: *Journal of affective disorders* 213, S. 70–77. DOI: 10.1016/j.jad.2017.02.006.

Bewertung:

This review found some evidence for positive effects beyond placebo and comparable effects compared to evidence-based interventions. However, methodological problems and the unclear risk-benefit ratio preclude definitive recommendations for or against yoga as an adjunct treatment for major depressive disorder. Larger and adequately powered RCTs using non-inferiority designs are needed.

Cramer, Holger; Lauche, Romy; Klose, Petra; Lange, Silke; Langhorst, Jost; Dobos, Gustav J. (2017):

Yoga for improving health-related quality of life, mental health and cancer-related symptoms in women diagnosed with breast cancer.

In: *The Cochrane database of systematic reviews* 1, CD010802. DOI: 10.1002/14651858.CD010802.pub2.

Bewertung:

Moderate-quality evidence supports the recommendation of yoga as a supportive intervention for improving health-related quality of life and reducing fatigue and sleep disturbances when compared with no therapy, as well as for reducing depression, anxiety and fatigue, when compared with psychosocial/educational interventions. Very low-quality evidence suggests that yoga might be as effective as other exercise interventions and might be used as an alternative to other exercise programmes.

Hofmann, Stefan G.; Andreoli, Giovanbattista; Carpenter, Joseph K.; Curtiss, Joshua (2016):

Effect of Hatha Yoga on Anxiety. A Meta-Analysis.

In: *Journal of evidence-based medicine. DOI:* 10.1111/jebm.12204.

Bewertung:

Hatha yoga is a promising method for treating anxiety. However, more well-controlled studies are needed to compare the efficacy of Hatha yoga with other more established treatments and to understand its mechanism. This article is protected by copyright. All rights reserved.

Klatte, Rahel; Pabst, Simon; Beelmann, Andreas; Rosendahl, Jenny (2016):

The Efficacy of Body-Oriented Yoga in Mental Disorders.

In: *Dtsch Arztebl International* 113 (12), S. 195–202. DOI: 10.3238/arztebl.2016.0195.

Bewertung:

Body-oriented yoga with asanas and pranayama as central components is a promising complementary treatment for mental disorders and should be investigated in further high-quality studies.

McCall, Marcy C.; Ward, Alison; Roberts, Nia W.; Heneghan, Carl (2013):

Overview of systematic reviews. Yoga as a therapeutic intervention for adults with acute and chronic health conditions.

In: *Evidence-based complementary and alternative medicine : eCAM* 2013, S. 945895. DOI: 10.1155/2013/945895.

Bewertung:

Yoga appears most effective for reducing symptoms in anxiety, depression, and pain.

Diabetes Mellius Typ 2:

Innes, Kim E.; Selfe, Terry Kit (2016):

Yoga for Adults with Type 2 Diabetes. A Systematic Review of Controlled Trials.

In: *Journal of diabetes research* 2016, S. 6979370. DOI: 10.1155/2016/6979370.

Bewertung:

Collectively, findings suggest that yogic practices may promote significant improvements in several indices of importance in DM2 management, including glycemic control, lipid levels, and body composition. More limited data suggest that yoga may also lower oxidative stress and blood pressure; enhance pulmonary and autonomic function, mood, sleep, and quality of life; and reduce medication use in adults with DM2. However, given the methodological limitations of existing studies, additional high-quality investigations are required to confirm and further elucidate the potential benefits of yoga programs in populations with DM 2.

Forschungsthemen

(sortiert nach ICD10-Standard)

- Infektiöse Krankheiten
  - HIV-Krankheit / AIDS
- Krebs
  - Lungenkrebs
  - Brustkrebs
  - Lymphödem
- Ernährungs- und Stoffwechselkrankheiten
  - Krankheiten der Schilddrüse - Hypothyreose
  - Diabetes mellitus
  - Drüsenerkrankung - Syndrom polyzystischer Ovarien
  - Adipositas (starkes Übergewicht)
  - Stoffwechselstörung - Mukoviszidose
- Psychische und Verhaltensstörungen
  - Demenz / Alzheimer
  - Psychische Störungen durch psychotrope Substanzen
  - Schizophrenie, schizotype und wahnhafte Störungen
  - Depression
  - Angststörungen
    - Panikstörung
    - Stress - Reaktionen auf schwere Belastungen
    - Posttraumatische Belastungsstörung (PTSD)
    - Somatoforme Störungen
  - Verhaltensauffälligkeiten mit körperlichen Störungen und Faktoren
    - Essstörungen
    - Schlafstörungen
    - Sexuelle Funktionsstörungen
    - Pränatale Depression
  - Autismus - Entwicklungsstörungen
  - ADHS
- Krankheiten des Nervensystems
  - Amyotrophe Lateralsklerose (ALS)
  - Primäres Parkinson-Syndrom
  - Bewegungsstörungen - Restless-Legs-Syndrom
  - Multiple Sklerose
  - Migräne
  - Chronisches Müdigkeitssyndrom
- Krankheiten des Kreislaufsystems
  - Hypertonie - Bluthochdruck
  - Vorhofflimmern und Vorhofflattern
  - Herzinsuffizienz
  - Schlaganfall
- Krankheiten des Atmungssystems
  - Chronische Krankheiten der unteren Atemwege
    - Asthma
    - Chronisch obstruktive Lungenkrankheit

Krankheiten des Verdauungssystems

- Colitis ulcerosa
- Reizdarmsyndrom

Krankheiten des Muskel-Skelett-Systems und des Bindegewebes

- chronische Polyarthritis
- Arthrose
- Skoliose
- Rückenschmerzen
- Nackenschmerzen
- Fibromyalgie - Krankheiten der Weichteilgewebe
- Osteoporose - Veränderungen der Knochendichte und –struktur

Krankheiten des Urogenitalsystems

- Niereninsuffizienz
- Menstruationsbeschwerden / Endometriose - Krankheiten des weiblichen Genitaltraktes
- Klimakterische Störungen (Menopause)
    - Schlaflosigkeit

Schwangerschaft, Geburt und Wochenbett

- Diabetes mellitus in der Schwangerschaft

Sonstige Symptome

- Störungen des Ganges und der Mobilität – Gleichgewicht – taumelnder Gang
- Symptome, die das Erkennungs- und Wahrnehmungsvermögen, die Stimmung und das Verhalten betreffen

Verletzungen, Vergiftungen und bestimmte andere Folgen äußerer Ursachen

- Schädel-Hirn-Trauma
- Verbrennungen oder Verätzungen

Sonstige Forschungsthemen (ICD10-unklassifiziert):

- Chronische Schmerzen
- Kombikrankheiten: Metabolisches Syndrom
- Rauchentwöhnung
- Studie über yogabedingte-Verletzungen

Forschungsthemen (sortiert nach ICD10-Standard)

Infektiöse Krankheiten

HIV-Krankheit [Humane Immundefizienz-Viruskrankheit] / AIDS

Agarwal, R. P., Kumar, A., & Lewis, J. E. (2015, March). A Pilot Feasibility and Acceptability Study of Yoga/Meditation on the Quality of Life and Markers of Stress in Persons Living with HIV Who Also Use Crack Cocaine. The Journal of Alternative and Complementary Medicine. Mary Ann Liebert Inc. https://doi.org/10.1089/acm.2014.0112

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Krebs

Bower, J. E., Garet, D., Sternlieb, B., Ganz, P. A., Irwin, M. R., Olmstead, R., & Greendale, G. (2011, Dezember 16). Yoga for persistent fatigue in breast cancer survivors. Cancer. Wiley-Blackwell. https://doi.org/10.1002/cncr.26702

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Mustian, K. M., Sprod, L. K., Janelsins, M., Peppone, L. J., Palesh, O. G., Chandwani, K., … Morrow, G. R. (2013, September 10). Multicenter, Randomized Controlled Trial of Yoga for Sleep Quality Among Cancer Survivors. Journal of Clinical Oncology. American Society of Clinical Oncology (ASCO).

https://doi.org/10.1200/jco.2012.43.7707

Sprod, L. K., Fernandez, I. D., Janelsins, M. C., Peppone, L. J., Atkins, J. N., Giguere, J., … Mustian, K. M. (2015, Januar). Effects of yoga on cancer-related fatigue and global side-effect burden in older cancer survivors. Journal of Geriatric Oncology. Elsevier BV. https://doi.org/10.1016/j.jgo.2014.09.184

Wurz, A., Chamorro-Vina, C., Guilcher, G. M. T., Schulte, F., & Culos-Reed, S. N. (2014, Juni 17). The feasibility and benefits of a 12-week yoga intervention for pediatric cancer out-patients. Pediatric Blood & Cancer. Wiley-Blackwell. https://doi.org/10.1002/pbc.25096

Lungenkrebs

Fouladbakhsh, J. M., Davis, J. E., & Yarandi, H. N. (2014, Februar 27). A Pilot Study of the Feasibility and Outcomes of Yoga for Lung Cancer Survivors. Oncology Nursing Forum. Oncology Nursing Society (ONS). https://doi.org/10.1188/14.onf.162-174

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Brustkrebs

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Krankheiten des Nervensystems

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Krankheiten des Kreislaufsystems

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Krankheiten des Atmungssystems

Chronische Krankheiten der unteren Atemwege

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Krankheiten des Verdauungssystems

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Krankheiten des Muskel-Skelett-Systems und des Bindegewebes

chronische Polyarthritis

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Sonstige Forschungsthemen (ICD10-unklassifiziert):

Chronische Schmerzen

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Swain, T. A., & McGwin, G. (2016, November 16). Yoga-Related Injuries in the United States From 2001 to 2014. Orthopaedic Journal of Sports Medicine. SAGE Publications. https://doi.org/10.1177/2325967116671703