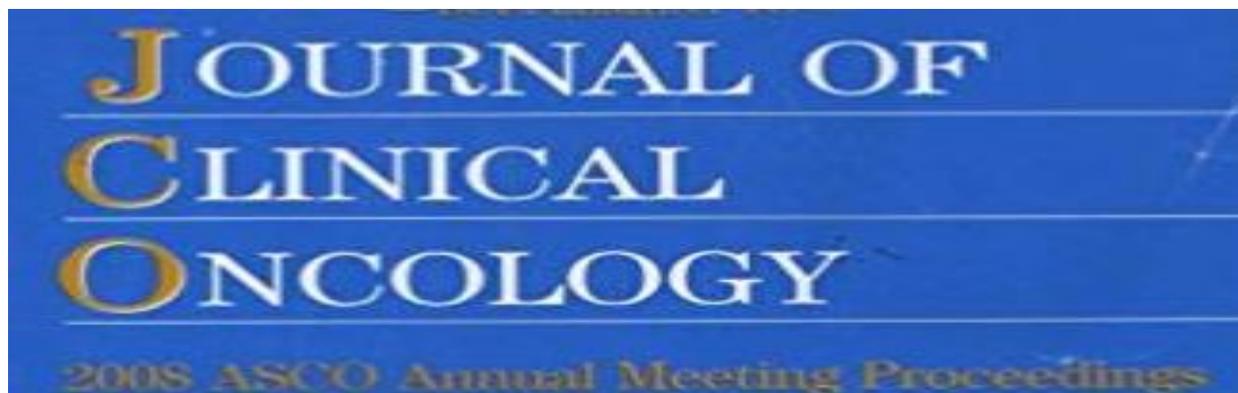


**Path Breaking Research on Breast Cancer done by S-VYASA is published in the Journal of Clinical Oncology (JCO) with an impact factor of 26.3**



SVYASA University is known to be a pioneer institution in the field of yoga research and has achieved one more feather to its crown by a publication in the Journal of Clinical Oncology (with impact factor 26.3).

Title of the study *“The effect of sukshma vyayama joint loosening yoga on aromatase inhibitor-induced arthralgia (AI) in breast cancer patients: A feasibility study conducted on Facebook”*.

The study was conducted by one of the *ODL M Sc* students, *Ms Liebel Lynda*. She has done a research study on women with breast cancer survivors under the guidance of *Dr Kashinath G Metri*. In order to prevent cancer recurrence, 50% of the women with breast cancer are put on hormone suppressant medication such as Aromatase Inhibitors (AI) for 5 to 10 years, after standard cancer treatment (surgery, chemotherapy & radiotherapy). AI therapy often causes multiple joint pain (polyarthralgia) and joint stiffness in significant number of women on AI therapy and it leads to reduced quality of life. SVYASA conducted a research study in which 26 women who were on AI therapy were given Yogic Sukshma vyayama every day from Monday to Friday for 10 minutes for the period of one month using secret Facebook group. We measured their joint pain, joint stiffness and quality of life using scientific tools. After one month there was a significant decrease in joint pain, stiffness. Quality of life also improved significantly.

American Society of Clinical Oncology (ASCO) accepted this study for scientific presentation in the ASCO – 2019 conference. The uniqueness of this study are;

1. First study on women breast cancer survivors
2. Facebook as a medium to administer intervention is used.
3. Cost effective
4. Patients can practice at their home in any corner of the world any time.
5. Intervention is simple and easy to practice.

Dr Kashinath was felicitated by the elders of the SVYASA University for his contribution.

The study has been published in JCO and the same is now available on website of American Society of Clinical Oncology (ASCO).

<https://meetinglibrary.asco.org/record/177606/abstract>