

Integrating Yoga and Physiotherapy Practice and its effects on Mental and Physical Health: A Review

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Article Info	ABSTRACT
Article History: Received Jul 15, 2025 Revised Aug 10, 2025 Accepted Sep 07, 2025	Background: Physiotherapy addresses physical limitations and facilitates movement restoration. Yoga, with its emphasis on physical postures, breathing techniques, and mindfulness, offers complementary tools for rehabilitation. Integrating both could offer synergistic effects, thereby supporting the interconnectedness of physical, mental and emotional health. Objective: Promote physical health and function by addressing musculoskeletal issues, improving flexibility, and enhancing overall physical well-being. Support mental health and well-being by reducing stress, improving mindfulness, and enhancing emotional resilience. Increase awareness and understanding of the benefits of combined yoga and physiotherapy interventions among healthcare professionals, patients, and the general public by addressing these objectives, the implementation of combined yoga and physiotherapy interventions can contribute to a holistic approach to wellness promotion. Design: This study reviews the articles published in India and examines and explores the current evidences and studies supporting the integration of yoga within physiotherapy and its synergistic effects in various physical conditions. Data Source: Only studies done in India were included in this review. The total number of articles are 20. Articles based on Integrated Yoga and Physiotherapy are 15 numbers. The search was conducted using multiple databases, including Medline, Google Scholar, Pub Med, and the Cochrane Library, to ensure a comprehensive review of existing literature.
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1. INTRODUCTION

In recent years, there has been growing recognition of the importance of promoting wellness and well-being, as opposed to merely treating illness or disease. This shift in focus has led to an increased interest in integrating holistic approaches, such as yoga and physiotherapy, to enhance overall well-being [5,9,10,18].

Yoga is an ancient Indian exercise system of physical, mental, and spiritual practices grouped under the term asanas comprising more than 100 exercises and postures as mudras that possess the ability to maintain a healthy body and a healthy mind [16]. The Indian literature review provides valuable insights into the cultural and historical context of yoga and physiotherapy interventions, shedding light on their significance in promoting wellness and enhancing well-being. In India, the practice of yoga has been deeply rooted in the traditional healthcare system for centuries, with its principles and techniques aimed at achieving harmony between the body, mind, and spirit. The ancient texts and teachings of yoga emphasize the holistic approach to health, recognizing the interconnectedness of physical, mental, and emotional well-being [1,12,17].

The community-based approach to wellness promotion and the inclusion of traditional healing practices in healthcare systems have contributed to the widespread adoption of combined yoga and physiotherapy interventions as a pathway to enhanced well-being in India [5,19].

Yoga is one such practice in which the body and mind are trained to realize the self, it has Eight Anga which signify its practice has eight components, limbs. The eight components applied in the practice are oriented to the behavior in the society, self-discipline, postures/poses (“asanas”), breathing, concentration, contemplation, meditation, and absorption/stillness (“dhyana”). According to the classical description, yoga poses only form a part of eight aspects of a holistic health that is concerned with physical, mental, and spiritual health. Modern Yoga typically involves the use of a number of postural positioning, focus on breathing, focus on thought process and meditation [19].

Yoga and physiotherapy are both well-known practices for promoting physical and mental well-being. These two disciplines have been increasingly integrated to leverage their complementary benefits. The combination of yoga's focus on breath, flexibility, and mental clarity with physiotherapy's emphasis on physical rehabilitation and injury prevention has shown great promise in providing holistic care [3,5,13].

The integration of yoga and physiotherapy interventions offers a multifaceted approach to promoting wellness and enhancing well-being. It acknowledges the importance of addressing not only physical health but also mental and emotional well-being, recognizing that these factors are interconnected and contribute to overall wellness [5,11,14].

Physiotherapy has evolved dramatically in recent years, becoming a major healthcare profession that offers assessment, diagnosis, and treatment for various conditions [5]. However, despite the growing recognition of the benefits of combining yoga and physiotherapy interventions, there are still challenges that need to be addressed for successful implementation.

As we delve deeper into the potential benefits of combining yoga and physiotherapy interventions, it becomes apparent that understanding the specific mechanisms through which these interventions exert their effects is crucial for optimizing their implementation and effectiveness [12]. By exploring the nuanced interactions between physical rehabilitation techniques and mindfulness-based practices, we can gain a deeper understanding of the holistic benefits of this combined approach [9].

The idea in this review is to provide the findings of various studies conducted on yoga and incorporate them with the core and theoretical aspect of physiotherapeutic processes [20]. The rationale behind joining the two areas is that yoga philosophy and physical practice (asanas) have a few, common fundamental underlying principles of physiotherapeutic processes [19]. The values of yoga can be felt to align with those of the physiotherapeutic process in its holistic approach to the health and well-being of a person. Thus, we may set up the purpose of the given research to display

the potential of yoga in the context of the entire physiotherapeutic process.

2. METHODOLOGY

To explore the efficacy of combined yoga and physiotherapy interventions in promoting wellness and enhancing well-being, a review of the literature was conducted. The review included studies that examined the effects of both yoga and physiotherapy interventions on various aspects of wellness, including physical function, mental health, and quality of life. The search was conducted using multiple databases, including MEDLINE, Google Scholar, Pub Med, and the Cochrane Library to ensure a comprehensive review of existing literature. The search strategy included relevant keywords such as Yoga, Physiotherapy, Integration, Mental Health, Physical Health.

The selected studies were then evaluated for inclusion based on specific criteria, including study design, participant characteristics, intervention protocols, and outcome measures. Based on the available evidence, combined yoga and physiotherapy interventions have shown promising results in promoting wellness and enhancing overall well-being. They have been found to be particularly effective in improving physical function, reducing pain, and enhancing flexibility. Furthermore, these interventions have demonstrated positive effects on mental health outcomes such as self-concept and self-worth. Only studies done in India were included in this review. The total number of articles are 20 and the articles based on Integrated Yoga and Physiotherapy are 15. Articles including review articles, pilot study, case report, and randomized control trials.

3. RESULTS

The results of this review indicate that there is evidence to support the positive effects of combined yoga and physiotherapy interventions on various components of mental and physical health. This integrated approach has shown promise in addressing functional disability, pain management, flexibility, self-concept, and overall well-being. Understanding the nuanced interactions between physical rehabilitation techniques and mindfulness-based practices could offer a deeper understanding of the holistic benefits of this combined approach. While the existing evidence highlights the promising benefits of combined yoga and physiotherapy interventions in promoting wellness and enhancing overall well-being, further in-depth research is needed to fully understand their effectiveness, mechanisms of action, and long-term impacts across diverse populations and conditions. This continued exploration will support the development of tailored and optimized interventions, ultimately enhancing the potential for holistic well-being promotion through the integration of yoga and physiotherapy.

Brief result of all the referred studies are as follows:

1) Mental Health: Yoga incorporates mindful breathing and meditation which can help calm nervous system and mind to effectively reduce stress levels. Yoga exercises can combat feelings of anxiety and depression by releasing endorphins. Practicing yoga regularly can improve sleep quality, crucial for mental and physical health. This integrated approach has the potential to positively impact individuals across a wide range of physical and psychological conditions, providing a holistic pathway to improved health and wellness.

Arun Pratap Singh et al.

The review is an evidence-based analysis of chances and challenges presented by the introduction of yoga into the mental health interventions. This paper seeks to not only list the

preventive, promotive and curative opportunities on the mental health that can be achieved through yogic practices, but also the challenges that does not allow this to be adopted by many people. It is a discussion on whether families can benefit by practicing yoga in order to promote mental health in families, schools, clinics and places of work.

Lipika Buragohain et al.

The article discusses how yoga and physiotherapy can benefit individuals with depression. The study emphasis that by relaxing both the mind and muscles leads to improvement in muscle strength, flexibility, blood circulation, oxygen uptake and hormone function. The article suggests that modifying one's approach to stress not only reduces its effect but also enhances performance.

2) Cardiac rehabilitation: Nagaratna Raghuram et al.

The research was conducted to determine the efficiency of the yoga-based cardiac rehabilitation regarding lipid profile, ejection fraction and psychic state of the patient after coronary artery bypass. One year long randomized control trial. The findings can indicate that the employment of yoga-based cardiac rehabilitation can contribute to improved cardiovascular conditions, enhanced lipid profile, improved psychological status, and the decline of body mass index. The rehabilitation involving psychological feels, which is based on the education after the surgery, has decreased perceptions of stress, relationships of anxiety, and depression even after a year had passed.

Dorairaj Prabhakaran et al.

The research examines efficacy of yoga based cardiac rehabilitation recovery period at after acute Myocardial infarction. The outcome confirmed that yoga based rehabilitation group improved significantly in different parameters. These advancements were in form of improved cardiac functioning, decreased levels of anxiety and depression and enhancement in quality of life score. The evidence implies that holistic advantages can be achieved through yoga founded cardiac rehabilitation procedures.

R. Venugopal et al.

This study aims to investigate the effects of yoga practices and physiotherapy exercises on Systolic BP in middle aged males with Low back pain, a common health issue. The study targeted 45 middle -aged males in Chennai aged between 30 and 40 years. Intervention involving yoga practices and physiotherapy exercises for an hour on experimental group. The result aimed to identify significant variations in systolic blood pressure among experimental group compared to control group. The study provides insights into the potential benefits of yoga practices and physiotherapy exercises in managing low back pain and associated cardiovascular health issues among middle aged group.

3) Musculoskeletal and sports rehabilitation: Sanjay k rai et al.

The comparative study was conducted to investigate the effectiveness of physiotherapy alone versus physiotherapy combined with yoga in the rehabilitation process following sports injury treated non surgically. Combining physiotherapy with yoga offers a holistic approach to rehabilitation by enhancing reduction in pain, improving muscle strength and flexibility, balance and mental well-being.

Sunita Ravi

This review discusses various studies and evidences for application of yoga and physiotherapy as integrated treatment procedure for joint conditions. Randomized control trial

cohort and pilot study were reviewed the article suggest that the integrated approach with yoga and physiotherapy enhanced the mobility of joints, muscles and soft tissues and provide significant relief for individuals suffering from joint pain.

Nitin J Patil et al.

This study explores the development and assessment of specialized yoga-based therapy program which is aimed at individuals suffering from chronic low back pain. The research involved designing a yoga therapy module tailored to address the physical and psychological aspect of chronic low back pain. The feasibility and validation of the yoga module were assessed through a pilot study involving participants diagnosed with chronic low back pain. Results indicated that the integrated yoga therapy provided notable improvement in pain management, increased mobility and enhanced mental health outcomes.

John Ebenezer et al.2014

The research results indicate that the studied individuals who took part in combined yoga therapy intervention demonstrated substantial improvements in pain, knee functioning, and quality of life in general. These changes were noted without any detriments, which emphasizes effectiveness of yoga as a complementary treatment in the scenario of failed post-total knee replacement. The research is part of the existing literature indicating that holistic and integrative kinds of therapy can be the effective methods of managing chronic disorders.

Nilima Bedekar et al.

The study investigates the effects of integrating yoga asanas with conventional therapy for knee rehabilitation after total knee arthroplasty. These yoga asanas were focused on improving flexibility, strength, balance, and overall joint function which are critical components of knee replacement. The outcome measures were evaluated to assess the progress of participants in both the groups over a specified period post-surgery. The study supports that the holistic and integrative approaches can offer the patients a potentially accelerating recovery, improving functional outcomes and enhancing an overall rehabilitation experience.

Tekur et al.

The comprehensive yoga and physiotherapy provides relief in painful and stiff knees, hip joint and lower back which had occurred due to significant immobility and disease stage. Randomized control trial was done among 80 patients who had low back pains and were chronically affected. The practice of meditation, counsellings, relaxation techniques, asanas was carried out to fix pain and functional disability.

John Ebenezer et al.2012

The study aimed to assess the efficacy of yoga in reducing pain, morning stiffness and anxiety in patients with knee osteoarthritis. The study found that the yoga group showed a significant reduction in anxiety levels, suggesting that yoga offers psychological benefits, reduction in pain and morning stiffness and improvement in physical function. The study concluded that integrated yoga therapy is safe and effective method in management of knee osteoarthritis.

Tushara Nair et al.

The study was conducted to find out the effectiveness of yoga therapy compared to conventional physiotherapy in 63 patients with Patellofemoral pain syndrome. There was significant improvement in level of pain, the yoga asanas (uthithasana) strengthens Quadriceps and Hamstring muscle along with other lower extremity muscles. Hence the integrated yoga therapy

can be used as an adjunct to conventional physiotherapy exercises is effective to reduce pain and improve functional abilities.

4) Cancer rehabilitation Raghavendra Mohan Rao

This review explores various aspects of integrating yoga into cancer care including associated risks, potential benefits and patient expectations. Yoga can be a valuable complementary therapy for cancer patients offering a range of benefits that support physical, emotional and psychological well-being.

4. DISCUSSION

This integrated approach has the potential to improve functional disability, pain management, flexibility, self-concept, and self-worth while also addressing underlying health issues and promoting overall well-being [13]. Incorporating psychosocial perspectives into physical therapist practice for patients with low back pain has its challenges but also significant opportunities for improving patient outcomes [5,16]. Promoting wellness through combined yoga and physiotherapy interventions offers a pathway to enhanced well-being by addressing physical, psychological, and behavioural aspects [10].

Research into the integrated approach of yoga and physiotherapy has shown positive outcomes in various populations, including individuals recovering from injuries, managing chronic pain, or seeking to improve their overall health and wellness. By addressing both the physical and mental aspects of well-being, this integrated approach offers a more comprehensive and personalized therapeutic experience [5,12,14]. Understanding how yoga and physiotherapy work together to influence mental and physical well-being at a fundamental level can offer valuable insights for optimizing their implementation. It may also shed light on the potential for tailored, individualized interventions that capitalize on the synergistic effects of these practices to enhance overall well-being in diverse populations and conditions [7,8,13]. To truly comprehend the potential benefits of combining yoga and physiotherapy interventions, it is imperative to delve into the specific mechanisms through which these interventions exert their effects. By gaining a deeper understanding of the intricate interactions between physical rehabilitation techniques and mindfulness-based practices, we can unlock the holistic benefits offered by this combined approach [1,8,10,18].

One of the key benefits of integrating yoga and physiotherapy is the potential to enhance overall mental and physical health. By combining the meditative and mindfulness aspects of yoga with the targeted exercises and techniques of physiotherapy, individuals may experience improved stress management, greater emotional resilience, and a more balanced state of well-being. Additionally, the physical benefits of increased flexibility, strength, and balance from yoga can complement the rehabilitation and injury prevention goals of physiotherapy [7,15,17,19].

5. CONCLUSION

Evidence suggests that integrating yoga into physiotherapy practice holds promise for enhancing patient outcomes. Addressing challenges like therapist training and healthcare system integration is necessary for wider adoption. Future research should also focus on the feasibility and implementation of this integrated approach in various settings, such as community rehabilitation programs. Additionally, there is a need for standardized protocols and guidelines to guide the practice of combined yoga and physiotherapy interventions in order to ensure consistency and optimize outcomes. Overall, this review recommends that combined yoga and physiotherapy

interventions have the potential to promote wellness and enhance overall well-being.

Conflict of Interest & Funding

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