

# COVID-19: Considering meditation and yoga as adjunctive treatment

July 13 2020

---

The anti-inflammatory and other beneficial effects of meditation and yoga practices make them potential adjunctive treatments of COVID-19, according to the peer-reviewed journal JACM, *The Journal of Alternative and Complementary Medicine*.

Deepak Chopra, University of California, San Diego and William Bushell of Massachusetts Institute of Technology and co-authors from Harvard University and Harvard T.H. Chan School of Public Health describe the anti-inflammatory effects associated with meditation and yoga.

The "brief overview of key subjects" found "there is evidence of stress and inflammation modulation, and also preliminary evidence for possible forms of immune system enhancement, accompanying the practice of certain forms of meditation, [yoga](#), and pranayama, along with potential implications for counteracting some forms of infectious challenges." The authors also "readily acknowledge that in the context of the SARS-CoV-2 pandemic, the ideas put forth in this article must be put to further rigorous scientific investigation."

JACM Editor-in-Chief John Weeks, [johnweeks-integrator.com](http://johnweeks-integrator.com), Seattle, WA, states: "The paper is another in a series in JACM and in other integrative medicine journals suggesting that research agencies in the United States and Europe would serve their citizens by upping their exploration of the potential contributions of natural health practices, especially amidst the present dearth of conventional treatments."

**More information:** William Bushell et al, Meditation and Yoga Practices as Potential Adjunctive Treatment of SARS-CoV-2 Infection and COVID-19: A Brief Overview of Key Subjects, *The Journal of Alternative and Complementary Medicine* (2020). [DOI: 10.1089/acm.2020.0177](https://doi.org/10.1089/acm.2020.0177)

Provided by Mary Ann Liebert, Inc

Citation: COVID-19: Considering meditation and yoga as adjunctive treatment (2020, July 13) retrieved 28 March 2023 from <https://medicalxpress.com/news/2020-07-covid-meditation-yoga-adjunctive-treatment.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.