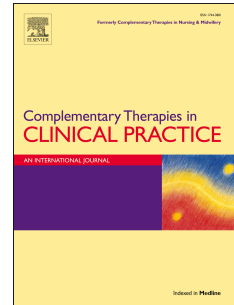


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The effect of Yoga training on enhancement of Adrenocorticotrophic hormone (ACTH) and cortisol levels in female patients with Multiple Sclerosis

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Summary

The effect of 8 weeks yoga training on cortisol and Adrenocorticotrophic hormone (ACTH) levels in female patients with Multiple Sclerosis (MS) is examined. Twenty four MS female patients with Expanded Disability Status Scale (EDSS) 1 to 5.5 participated in this study as the subject. The participants were divided into control (n =10) or training group (n=14) randomly. Training group performed 90 minutes yoga training per session, 3 days a week for 8 weeks. Assessments include body composition measurement and blood sampling 48 hours before first session and 48 hour after the intervention. The results demonstrated that ACTH increased and cortisol decreased compared to the control group ($P<0.05$); In conclusion, it seems that yoga training modulates ACTH level in concomitant with reduction in cortisol level in female patients with MS.

Keywords: Cortisol, Yoga, Adrenocorticotrophic hormone (ACTH), Multiple Sclerosis, Randomized Controlled trials

Abbreviations:

ACTH	Adrenocorticotrophic hormone
BMI	Body Mass Index
CRF	Corticotrophin-releasing factor
DHEA-S	Dehydroepiandrosterone sulfate
ECLIA	Electrochemiluminescence immunoassay
EDSS	Expanded Disability Status Scale
HPA	Hypothalamic-pituitary-adrenal
MS	Multiple Sclerosis

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