

## **ABSTRACT**

**Title:** The Influence of Yoga on the Quality of Life of People with Multiple Sclerosis: A Systematic Review

### **Objectives:**

The aim of this thesis was to systematically analyze existing research on the influence of yoga on the quality of life of individuals with multiple sclerosis.

### **Methods:**

This bachelor's thesis is written in the form of a systematic review. The databases used to conduct the research were PubMed, ScienceDirect, and Web of Science using a combination of keywords. A total of 1,344 studies were identified and after applying the criteria, 352 studies remained. A total of 11 studies were included.

### **Results:**

The included studies show that yoga has a positive effect on various aspects of health in people with multiple sclerosis. Positive changes were observed in areas such as stability, fatigue, mood, psychological resilience, and functional mobility. Even though the methodological quality level of each study varied, most studies describe yoga as an appropriate complementary therapeutic method within the complex care of these patients.

## **KEYWORDS**

Sclerosis multiplex, chronic disease, asana, pranayama, dhyana, complementary therapy, well-being, functional ability.