

JUSTIFICATION LETTER

Applicant Name – Mr. Aasheesh Kumar, PhD Scholar, Physiology, AIIMS, New Delhi

Supervisor Name - Dr. Renu Bhatia, Professor, Physiology, AIIMS, New Delhi

Dear Sir/Mam,

We would like to apply for the **Sun Pharma Science Scholar Award 2024**.

Fibromyalgia is an idiopathic chronic pain syndrome affecting 1-2% of the global population; predominantly females. Besides musculoskeletal pain at tender points; other symptoms include cognitive impairment, sleep disturbances, memory loss, anxiety and depression. Patients have to completely rely on medications, which temporarily reduce symptoms; as there is no permanent cure. Disease is controversial in itself as its pathophysiology is unknown and has several hypotheses for the same. Global burden increases day by day as it progresses throughout the patients' life and so there is a need of the hour to have an effective treatment strategy; whether it is therapeutic or lifestyle intervention. Yoga is a non-invasive lifestyle intervention which can be adopted in day-to-day life with no side effects at null cost.


In the present study entitled 'Effect of yogic intervention on pain status and cortical excitability in fibromyalgia patients' conducted at Pain Research and TMS Laboratory, Department of Physiology, AIIMS, New Delhi, we have explored the efficacy of regular and supervised medical yoga therapy (under supervision of medical experts) on the fibromyalgia pain and movement disability of the patients.

Abstract for the thesis has also been accepted for presentation in the 16th World Congress of the International Neuromodulation Society held in Vancouver, Canada (11-16 May 2024). and more or less similar and much elaborate work will be physically presented in Asia-Pacific League of Rheumatologists held in Suntec, Singapore on 24th August 2024, which will be the largest international congress in the field focusing entirely on rheumatic pain; based treatment and their management.

We think this study will strengthen the current research studies on chronic pain, specifically fibromyalgia.

Kindly consider our application for the award.

Aai
28/08/24


Dr. Renu Bhatia / Professor
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