

INPLASY

Yoga for metabolic syndrome: a meta-analysis

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The review has not yet started.

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 7 May 2026 and was last updated on 7 May 2026.

INTRODUCTION

Review question / Objective Yoga for metabolic syndrome.

Condition being studied Metabolic syndrome.

METHODS

Participant or population Patients with Metabolic Syndrome.

Intervention Yoga.

Comparator none.

Study designs to be included RCTs.

Eligibility criteria Studies related to the effects of Yoga for Metabolic Syndrome.

Information sources Pubmed and Embase.

Main outcome(s) The effects of Yoga for metabolic syndrome.

Quality assessment / Risk of bias analysis Rob2.

Strategy of data synthesis None.

Subgroup analysis None.

Sensitivity analysis None.

Country(ies) involved China.

Keywords Yoga, Metabolic Syndrome, systematic review.

Contributions of each author

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