

Medications to Consider in Relation to Yoga
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The following are medications that by either indication or side effect deserve special attention and consideration in regards to a client's yoga practice and general safety.

Drug	Concern	Consideration
<ul style="list-style-type: none"> • Alprazolam (Xanax) • Clonazepam (Klonopin) • Diazepam (Valium) • Lorazepam (Ativan) • Temezapam (Restoril) • Triazolam (Halcion) • Diphenhydramine (Benadryl) 	<p>Increased risk for falls, dizziness, fatigue, impaired coordination, and drowsiness.</p>	<p>The elderly are especially susceptible to increased risk for falls while taking these medications.</p>
<ul style="list-style-type: none"> • Aspirin • Apixaban (Eliquis) • Dabigatran (Pradaxa) • Edoxaban (Savaysa) • Rivaroxaban (Xarelto) • Warfarin (Coumadin) 	<p>Indicated as blood-thinners (anti-coagulants and anti-platelets) and can increase a patient's risk for bleeding and bruising. These medications are often used in but not limited to, cardiac patients to prevent clot formation when indicated by specific conditions.</p>	<p>Special care should be taken in a client on Warfarin as the blood thinning affects can cause major or fatal bleeding. Reducing the risk of falls and excessive bruising should be considered when creating a yoga prescription or general yoga practice.</p>
<ul style="list-style-type: none"> • Atovastatin (Lipitor) • Fluvastatin (Lescol) • Lovastatin (Mevacor) • Pravastatin (Pravachol) • Rosuvastatin (Crestor) • Simvastatin (Zocor) 	<p>Used for treatment of hyperlipidemia (high cholesterol). They are in a class of medications called Statins and can cause generalized muscles aches (myalgia/myopathy) as well as the rare, but serious condition of rhabdomyolysis.</p>	<p>Rhabdomyolysis is rare, however many patients experience muscle aches daily while taking these medications.</p>
<ul style="list-style-type: none"> • Ciprofloxacin (Cipro) • Levofloxacin (Levaquin) • Moxifloxacin (Avelox) 	<p>Anti-infective medications in the fluoroquinolone class of antibiotics. They are used orally, short-term (3-14 days) in the treatment of various bacterial infections. These medications are associated with increased risk for tendinitis/tendon rupture risk in all ages.</p>	<p>All physical activity including yoga should be limited/stopped while taking these medications.</p>
<ul style="list-style-type: none"> • Prednisone 	<p>Steroid used to treat inflammation, can cause severe, adverse reactions including tendon rupture and has common side effects including muscle weakness and dizziness/vertigo.</p>	<p>Patients on long-term steroid treatment are at increased risk for side-effects.</p>

This information is not meant for you to diagnose or plan treatment for your client, but to better understand and safeguard you and your client. It can not be stressed enough that common medical conditions, such as certain eye disorders, cardiac issues, diabetes, and many more come with increased risk when patients partake in physical activity, thus making sure they are cleared by their physician for physical activity is crucial for their safety, but also your own. This information is not all-inclusive and if you have any questions regarding medications related to yoga, please feel free to email me at mcschoofs@gmail.com.