

## JOINT EVENT

3<sup>rd</sup> International Conference on Cardiovascular Medicine and Cardiac Surgery  
&  
26<sup>th</sup> Annual Conference on Clinical & Medical Case Reports in Cardiology  
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**Effect of the yogic breathing and mantra chants on pain, stress and anxiety in cardiac surgical patients: A pilot study****Neha Sharma<sup>1,2</sup>**<sup>1</sup>Warwick Research Services, UK<sup>2</sup>NMP Medical Research Institute, India

**Background:** Postoperative pain, stress and anxiety are common in cardiac surgery patients. Studies have suggested yoga can decrease anxiety and stress in hospitalized patients. Study focused on the efficacy and feasibility of special yoga breathing combined with mantra chanting for patients' undergone cardiac surgery.

**Methods & Design:** In this randomized controlled trial, postoperative cardiovascular surgery patients were randomly assigned to a intervention group to receive standard postoperative care and 15 minutes of yoga breathing combined with mantra chants thrice daily on postoperative day 2 through 5 or to a control group to receive standard care with a quiet resting period on postoperative day 2 through 5. Pain, stress and anxiety, satisfaction, and relaxation were evaluated from visual analog scales on day 2 before starting intervention and on day 5 after the intervention.

**Results:** There was a significant decrease in pain scores after the third session of day 2 for the intervention group compared with the control group ( $P=0.001$ ). Mean relaxation scores improved more at the second session of day 2 for the intervention group comparing with control ( $P<0.05$ ). The intervention group also showed lower anxiety and increased satisfaction overall at the end of five-day session ( $p<0.001$ ).

**Conclusion:** Yoga breathing combined with mantra chants can be integrated into the postoperative care of cardiovascular surgery patients to address common symptoms of pain, stress and anxiety.