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### **A retrospective cohort to study the mortality and survival rate in Chronic Heart Failure (CHF) patients after ayurvedic Sampurna Hriday Shudhikaran (SHS) therapy**

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**Introduction:** National Commission on Macroeconomics predicted that by year 2015, India will have nearly 61 million coronary heart disease (CHD) cases which would lead to 3.4 million of deaths. Many novel pharmacotherapeutics and non-pharmacotherapeutics options are currently ceasing the worsening of cardiac conditions, however, these options especially pharmacotherapeutics bring in lifetime dependency in patients. Affordability and side effects of the treatment remains the major concern for mass patient population. In such scenarios, Sampurna Hriday Shudhikaran (SHS), a novel Ayurvedic non-interventional therapy, of six days can be believed to give in genuinely promising and convincing outcomes. Therefore, present study was aimed to assess the effectiveness of SHS retrospectively in chronic heart failure (CHF) patients after three years.

**Materials and Methods:** SHS consisting of four major procedures - Snehan, Swedan, Hridhara, Basti procedure were carried out in the same order two times a day on patients for six consecutive days. Highly efficacious naturally medicated oils and other formulations were topically used in this treatment. In this retrospective cohort study, 690 patients who were admitted in Madhavbaug centers across Maharashtra during the year 2010-2011, were contacted by phone, out of which 542 patients were willingly to participate in this survey and were consented verbally. Primary data was collected using a tailored questionnaire over phone and analyzed for mortality, survival and re-hospitalization rates. Secondary data analysis was done for outcomes like 6 Minute's Walk Test (6MWT) in meters and Metabolic Equivalents (METs) done before and after the patients were treated with SHS therapy.

**Results:** SHS showed remarkable improvement in study population where 72.32% patients improved from NYHA Class II and III to NYHA Class I, 12.96% still possessed NYHA Class II, III and IV symptoms and 14.76% were dead. The re-hospitalization rate was 9.39% which covered elderly age group 50-59 years. The mean improvement after six days of SHS therapy was found to be 65 meters in 6MWT and 1.6 METs value.

**Conclusions:** This treatment has proven to improve functional capacity & quality of life in CHF patients to a significant extent. Positive cardiovascular health outcomes even after three years indicates long lasting cardio protective effects of SHS.

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