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## **Yoga and breathing exercise could be beneficial in cardiovascular disease like cardiomyopathies**

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**Background:** Yoga, a popular mind-body practice, may produce changes in cardiovascular disease (CVD) and metabolic syndrome risk factors like Diabetes ?? Could be Beneficial for Cardiomyopathies.

**Design:** This was a systematic review and random-effects meta-analysis of randomized controlled trials (RCTs).

**Methods:** Park hospital, a Controlled Trials were performed for systematic reviews in January 2015. Studies were included if they were Indian, peer-reviewed, focused on asana-based yoga in adults, and reported relevant outcomes..

**Results:** Out of 1000 records, 37 RCTs were included in the systematic review and 32 in the meta-analysis. Compared to non-exercise controls, yoga showed significant improvement for body mass index ( $-0.77$  kg/m<sup>2</sup> (95% confidence interval  $-1.09$  to  $-0.44$ )), systolic blood pressure ( $-5.21$  mmHg ( $-8.01$  to  $-2.42$ )), low-density lipoprotein cholesterol ( $-12.14$  mg/dl ( $-21.80$  to  $-2.48$ )), and high-density lipoprotein cholesterol ( $3.20$  mg/dl ( $1.86$  to  $4.54$ )). Significant changes were seen in body weight ( $-2.32$  kg ( $-4.33$  to  $-0.37$ )), diastolic blood pressure ( $-4.98$  mmHg ( $-7.17$  to  $-2.80$ )), total cholesterol ( $-18.48$  mg/dl ( $-29.16$  to  $-7.80$ )), triglycerides ( $-25.89$  mg/dl ( $-36.19$  to  $-15.60$ )), and heart rate ( $-5.27$  beats/min ( $-9.55$  to  $-1.00$ )), but not fasting blood glucose ( $-5.91$  mg/dl ( $-16.32$  to  $4.50$ )) nor glycosylated hemoglobin ( $-0.06\%$  Hb ( $-0.24$  to  $0.11$ )). No significant difference was found between yoga and exercise. One study found an impact on smoking abstinence.

**Conclusions:** There is promising evidence of yoga on improving cardio-metabolic health. Findings are limited by small trial sample sizes, heterogeneity, and moderate quality of RCTs. It could help in improving quality of life in Cardiomyopathies patients and Diabetes Mellitus.

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