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/m² (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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