

Global Physiotherapy Congress

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Influence of yoga on autonomic nervous system

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Since 1995 we have a regular individualistic cardiac Rehabilitation Program in our center for patients with Cardiac diseases and Post CABG (Coronary Artery Bypass Grafting Surgery) patients. There were many patients who returned to the program as they showed less improvement physically and mentally. In 2012 a retrospective study was done to see the cause of CAD (Coronary Artery Disease) for 1000 patients who had undergone CABG. The study revealed that 61.5% of patients were having low BMI and normal lipid profile. This made us think to do another study. In 2014 we took 40 post CABG patients who were on Beta blockers and we did an Autonomic Function test. Out of 40 patients 27 had sympathetic dominant result in spite of Beta blockers. Their physical and mental quality of life was low. Then we gave cardiac yoga program including yogic postural Repetitions, stretching, meditation and Diet education for these patients. They practiced with faith for 3 months. Then we repeated autonomic function test on these patients and only 4 out of 27 had sympathetic dominant result, while the remaining turned out to be parasympathetic dominant. This study shows that yoga plays a significant role in reducing the sympathetic outbursts and made them parasympathetic dominant. Their physical and mental quality of life improved.

Biography

N Venkatesh is working as Professor in Faculty of Physiotherapy, in Sri Ramachandra University, India. He has been in clinical and teaching Physiotherapy for the past 25 years. He is a PhD scholar and is working on "Influence of Yoga on Autonomic Nervous System". He has received "Distinguish Service Award" by the Indian Association of Physiotherapists, the "Best Teacher Award" by the Vice Chancellor, Dr. MGR Medical University, Tamil Nadu and 51st Fellowship Award by The Indian Association of Physiotherapists 2013 (FIAP).

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